

WBA  
W454n  
1846

W 454

A NEW AND VALUABLE BOOK, ENTITLED  
THE FAMILY COMPANION







A

NEW AND VALUABLE BOOK,

ENTITLED

# THE FAMILY COMPANION,

CONTAINING MANY HUNDRED

RARE AND USEFUL RECEIPTS,

ON EVERY BRANCH OF

**DOMESTIC ECONOMY;**

EMBRACING

Cookery, the Cure of Diseases, the Properties and Use of  
the Principal Plants used as Medicine, House-  
wifery, Dying, Coloring, Cleaning,  
Purifying, Cementing, &c.

By J. R. WELLS, M. D.

BOSTON:  
PRINTED FOR THE AUTHOR.  
1840

WBA  
W454n  
1846  
C.1

---

Entered according to Act of Congress, in the year 1846, by  
J. R. WELLS, M. D.,  
In the Clerk's Office of the District Court of the District of Massachusetts.

---

LU-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100

G11A p56

## PREFACE.

---

This work has been compiled with a careful regard to economy. The cook's department is particularly recommended to the attention of those cooks, who would cook well at a moderate expense.

*The Mode of Cooking* is such as is generally practised by good American house-keepers. Many of the receipts are new, having been prepared, or furnished, expressly for this work. Selections have also been made from various works on this subject, such as have been proved to be good by use.

*The Medical Department* will be found to be as valuable as any part of the book. It contains a large number of useful and tried remedies for the various diseases and accidents that occur in almost every family.

*The Mode of Treating Diseases* will be found to be perfectly safe and effectual. The author has consulted the very best authorities, and he feels confident that the plan will meet the approbation of the most eminent practitioners of the age.

*The Housewife's Department* will be found to contain a large collection of miscellaneous receipts rela-

tive to house-keeping, &c., which will be of great value to every family, many of them never before published.

In conclusion, the author would tender his sincere thanks to those of his friends who have kindly furnished him with some of their choice and valuable receipts; and to those into whose hands this little work may come, he would ask a fair trial before passing judgment.





# CONTENTS.

	Page		Page
Tea, Coffee,	7	<b>MEDICAL DEPARTMENT.</b> General	
Coffee milk, chocolate, common mode of	7	rules for preserving life and health,	33
'chocolate, cocoa, shells,	8	ague and fever,	34
<b>BREAD.</b> Wheat Bread, brown bread,	9	Ear ache, gravel, measles, whooping-	34
rye and Indian bread, cheap and	9	cough,	35
healthy bread, dyspepsia bread,	9	Gout, convulsions or fits, scurvy,	35
Rice bread, cream tartar bread, sour	10	Weak nerves, chicken pox, chilblains,	36
milk bread, rolls, short rolls, light bis-	10	sore throat and mouth, sprains,	36
cuit bread biscuit, brown bread biscuit,	10	Erysipelas, fainting, coughs and colds,	37
<b>CAKES.</b> Hot cakes, drop cakes, cup	11	cholics, hydrophobia, jaundice,	37
cake, frosting for cake, queen cake,	11	Sickness at the stomach, cholera-infan-	38
short cake, superior Indian cake,	11	tum, teething, tooth ache, bleeding at	38
Loaf cake, sponge cake, cheap sponge	12	the lungs, or spitting blood,	39
cake, milk biscuit, coffee cakes, tea	12	Bronchitis, liver complaint, lock jaw,	39
biscuit, johnny cake, wedding cake,	12	nettle rash, ring worm,	40
pound cake,	12	Dysentery, scalds and burns, cramp in	40
<b>JUMBLES.</b> Baker's Gingerbread, Tea	13	the stomach,	40
Cake, Family Gingerbread, Wafers,	13	Croup, rickets, palsy, blows and bruises,	41
Fried Wafers, Composition Cake, Com-	13	dyspepsia,	41
mon Flat Jacks, Buckwheat Cakes,	13	Head-ache, cholera morbus, scarlet fever,	42
Dough Nuts, Nos. 1, 2 and 3,	13	<b>HOUSEWIFE'S DEPARTMENT.</b>	
<b>PUDDINGS.</b> Pudding Sauce, Bread	14	Method of securing wooleus from moths,	54
Pudding, Baked Rice Pudding, Nos. 1	14	Iron cement, another, to restore faded	
and 2, boiled Bread Pudding,	14	carpet, to clean silver or britannia, to	
Sago Pudding, Apple Pudding, Batter	15	preserve eggs, durable whitewash, to	
Pudding, Nos. 1 and 2, Sunderland pud-	15	prevent the formation of a crust in tea	
dinz, Tapioca pudding, wheat-meal	15	kettles, cement for broken glass or	
pudding,	15	crockery, to boil potatoes neatly, to ex-	
India hasty pudding, boiled Indian pud-	16	tract durable ink, to prevent horses be-	
dinz,	16	ing teased with flies,	55
<b>PASTRY and PIES.</b> Common paste for	16	How to fatten fowls, cholera morbus, for	
Pies, good common pie crust, cream	16	children troubled with worms, an ex-	
crust, rich puff paste,	16	cellent wash for sore mouth or canker,	
Paste for a good Dumpling, paste for fam-	17	a cure for bleeding at the stomach,	56
ily Pies, plain mince Pies, apple mince	17	To cure bleeding at the nose, remedy for	
pies, cherry Pies, whortleberry or black-	17	consumption, to prevent books, ink,	
berry Pies, apple Pie,	17	paste, and leather, for polishing furni-	
Pumpkin Pie, carrot Pie, rhubarb Pie,	19	ture, to clean brass work, tooth pow-	
mutton Pie, chicken Pie, custard Pie,	19	der, lip salve,	57
rice Pie, Is, lemon pie,	19	To stop blood, for a weak stomach, cure	
<b>CUSTARDS.</b> Baked Custard, cream	19	for a cancer, boil your molasses, to pre-	
Custard, common Custard,	19	serve potatoes till spring, cheap print	
Rice Custard,	20	for a barn, essences, to make indelible	
<b>MEATS.</b> Roast Beef,	20	ink, to kill cockroaches,	58
Beef Steaks, soups,	21	Red ants, to destroy bed bugs, to destroy	
To roast Veal, to boil a Ham, baked	21	rats and mice, baits for rats,	59
Tongue, to boil a Tongue, to boil a	22	<b>Rats,</b> to drive them away from your	
Calf's head and Pluck,	22	premises, to make castor oil palatable,	
Stuffing, roast Turkey, to roast Geese	23	swallowing poison, to clean looking-	
and Ducks, to boil a Turkey, wild fowl,	23	glasses, to prevent flies from injuring	
To roast a fowl, Chickens, to boil a fowl,	24	picture-frames, glasses, &c., to soften	
roasted Pigeons, meat Pies,	24	old hard putty when glass is broken,	
<b>FISH.</b> To boil a Salmon, to make a	25	watery potatoes,	60
chowder, clam chowder, fried Eels, to	25	Composition for grafting, cologne water,	
broil Fish,	25	sarsaparilla mead, lemon syrup, furni-	
<b>OYSTERS.</b> Oyster sauce, to stew oys-	26	ture varnish, good blacking, water-	
ters,	26	proof blacking,	61
To fry Oysters, oyster Soup,	26	To take out stains, to take out mildew,	
<b>VEGETABLES.</b> To make vegetables	26	to remove stains from broadcloths, to	
eat tender, Potatoes, mashed Potatoes,	26	extract paint from cotton, silk and	
to roast Potatoes,	26	woolen goods, to remove black stains	
Turnips, green Peas, baked Beans,	27	from scarlet woolen goods, to extract	
<b>PRESERVES.</b> To preserve Citron, to	27	grease from silks, paper, woolen goods	
preserve Apples, black Currants,	27	and floors,	62
Cherries, Gooseberries, to boil Pears, for	28	To extract stains from white cotton	
making Pickles, to pickle cucumbers,	28	goods and colored silks, directions for	
Tomato Pickles,	28	washing calicoes,	63
<b>JAMS and JELLIES.</b> Peach Jam, ras-	29	Directions for washing woolens, dir-	
berry Jam, strawberry Jam, white or	29	ections for washing white cotton cloth,	64
red currant Jam,	29	Directions for carpets,	65
Apple Jelly, raspberry, red currants, and	29	Directions for cleansing silk goods,	66
strawberry Jellies,	29	To dye black, green and blue dye, for	
<b>COOKERY FOR THE SICK.</b> Water	30	silks and woolens,	67
gruel, toast water,	30	Yellow dyes,	68
Beef tea, drink in a fever, sago, sago milk,	31	Red dyes,	69
broth, gruel, milk porrage, boiled chick-	31	Slate colored dye, to cleanse feather	
ens, egg and wine,	31	beds and mattresses,	70
<b>DRINKS FOR THE SICK.</b> Apple tea,	32	To clean mahogany and marble furni-	
a very refreshing draught in a fever,	32	ture, coloring the hair,	71
toast water,	32		

## THE FAMILY COMPANION.

---

### **Tea, Coffee, Chocolate and Shells.**

*Tea.*—Be sure that the water boils. Scald the pot, and put in a tea-spoonful for each person. Upon green tea pour a little water, and allow it to stand two or three minutes where it will keep hot; then fill the pot from the tea-kettle. Green tea should never be boiled, and it is rendered dead by being steeped long.

Of black tea the same measure is used; the pot being filled up at first, and set immediately upon coals or a stove, just long enough to boil it. Water should be added to the tea-pot from the tea-kettle; never from the water pot, as in that case it cannot be boiling hot. Black and green tea are good mixed.

*To make Coffee.*—Put a large coffee-cup full into a pot that will hold three pints of water; add the white of an egg, or a few shavings of isinglass, or a well cleansed and dried bit of fish-skin of the size of a nine-pence. Pour upon it boiling water, and boil it five or six minutes. Then pour a gill from the spout, in order to remove it, and pour it back into the pot. Let it stand eight or ten minutes, where it will keep hot, but not boil; boiling coffee a great while makes strong, but not so lively or agreeable. If you have no cream, boil a sauce-pan of milk, and after pouring it into the pitcher, stir it now and then, till the breakfast is ready, that the cream may not separate from the milk. Make coffee stronger or weaker, as you pre-

fer, by using a larger or smaller measure of ground coffee.

*Coffee Milk.*—Put a desert-spoonful of ground coffee into a pint of milk; boil it a quarter of an hour with a shaving or two of isinglass; then let it stand ten minutes and pour it off.

*Chocolate.*—For those who use a great deal of chocolate, the following is an economical method. Cut a cake into small bits and put them into a pint of boiling water. In a few minutes, set it off the fire and stir it well, till the chocolate is dissolved; then boil it again gently a few minutes, pour it into a bowl, and set it in a cool place. It will keep good eight or ten days. For use, boil a spoonful or two in a pint of milk, with sugar.

*Common mode of making Chocolate.*—Shave fine an inch of a cake of chocolate; pour on it a quart of boiling water; boil it twenty minutes, add milk in such proportion as you like, and boil it up again.

*Cocoa.*—Boil two large spoonfuls of ground cocoa in a quart of water half an hour; skin off the oil, pour in three gills of milk, and boil it up again. It is the best way to make it the day before it is used, as the oily substance can be more perfectly removed when the cocoa is cold.

*Shells.*—Put a heaping tea-cup full to a quart of boiling water. Boil them a great while. Half an hour will do, but two or three hours is far better. Scald milk as for coffee. If there is not time to boil shells long enough before breakfast, it is well to soak them over night and boil them in the same water in morning.

## Bread.

Bread made of wheat flour, when taken out of the oven, is unprepared for the stomach. It should go through a change, or ripen before eaten. Bread will always taste of the air that surrounds it while ripening—hence it should ripen where the air is pure. It should be light, well baked, and ripened, before it is eaten. In summer bread should be mixed with cold water. In damp weather the water should be tepid, and in cold weather quite warm.

*Wheat Bread.*—Take two quarts of wheat meal, half a cup of molasses, a tea-cupful of lively yeast, mixed up with warm water; let it stand in a warm place an hour and a half; if necessary add a little saleratus; bake it an hour and a half.

*Brown Bread.*—Put the Indian meal in your bread-pan. Sprinkle a little salt among it, and wet it thoroughly with scalding water. When it is cool put in your rye; add two gills of lively yeast, and mix it with water as stiff as you can knead it. Let it stand an hour and a half, in a cool place in summer, on the hearth, in winter. It should be put into a very hot oven, and baked three or four hours.

*Rye and Indian Bread.*—Take about two quarts of Indian meal, and scald it; then add as much rye meal, a tea-cup full of molasses, half a pint of lively yeast. If the yeast is sweet, no saleratus is necessary. If sour, put in a little; let it stand from one to two hours, till it rises; then bake it about three hours.

*Cheap and Healthy Bread.*—Take a pumpkin and boil it in water until it is quite thick, then add flour so as to make it dough.

*Dyspepsia Bread.*—Three quarts unbolted wheat meal; one quart of soft water, warm, but not hot; one gill of fresh yeast; one gill of molasses, or not, as may suit the taste. If you put this in the oven at the exact time when it is risen enough, saleratus will not be necessary.

*Rice Bread.*—Boil a pint of rice, soft; and a pint of yeast; then three quarts of wheat flour; put it to rise in a tin or earthen vessel, until it has risen sufficiently; divide it into three parts; then bake as other bread, and you will have three large loaves.

*Cream Tartar Bread.*—One quart of flour, two tea-spoonfuls of cream tartar, one of saleratus, two and a half cups of milk; bake twenty minutes.

*Sour Milk Bread.*—Have ready your flour, sweeten your milk with a little saleratus, add a little salt; make it rather soft, and pour it into your pan and bake it.

*Rolls.*—Warm an ounce of butter in half a pint of milk, then add a spoonful and a half of yeast, and a little salt. Put two pounds of flour in a pan, and mix in the above ingredients. Let it rise an hour or over night in a cool place; knead it well, make into seven rolls, and bake them in quick oven. Add half a tea-spoonful of saleratus just as you put the rolls into the baker.

*Short Rolls.*—Take about two pounds of flour, add a piece of butter half the size of an egg, a little salt, an egg, two spoonfuls of yeast, and mix it with warm milk; make it into a light dough, and let it stand by the fire all night; should it sour, put in a little saleratus. Bake them in a quick oven.

*Light Biscuit.*—Take ten pounds of flour, a pint of buttermilk, half a tea-spoonful of saleratus, put into the butter-milk, a small piece of butter or lard rubbed into the flour; make it about the consistency of bread before baking.

*Bread Biscuit.*—Three pounds of flour, half a pint of Indian meal, sifted, a little butter, two spoonfuls of lively yeast; set it before the fire to rise over night; mix it with warm water.

*Brown Bread Biscuit.*—Two quarts of Indian meal, a pint and a half of rye, one cup of flour, two



spoonfuls of yeast, and a table spoonful of molasses. It is well to add a little saleratus to yeast almost always, just as you put it into the article. Let it rise over night.

---

### Cakes.

*Hot Cakes.*—Scald a quart of Indian meal with just water enough to make a thick batter. Stir in a little salt, and two table-spoonfuls of butter. Pour it into a buttered pan, and bake it half an hour.

*Drop Cake.*—One pound of flour, one pound of sugar, eight eggs leaving out half the whites, rose-water, and nutmeg to your taste.

*Cup Cake.*—Nine cups of flour, four of sugar, two of butter, half a cup of milk, two spoonfuls of saleratus, eight eggs, spice to your liking.

*Frosting for Cake.*—Whites of eight eggs, two pounds loaf sugar, half an ounce of white starch, half an ounce of gum arabac, beaten till it looks white and thick : dry it in a cool oven.

*Queen Cake.*—Beat one pound of butter to a cream, with some rose water, one pound of flour, one pound of sifted sugar—beat all well together—add a few currents washed and dried—butter small pans of a size, for the purpose, grate sugar over them—they may be done in a yankee baker.

*Short Cake.*—Rub a very small bit of shortning, or three table-spoonfuls of cream, with the flour ; put a tea-spoonful of dissolved saleratus into your sour milk, and mix the cake pretty stiff, to bake quick.

*Superior Indian Cake.*—Take two cups of Indian meal, one table-spoonful of molasses, two cups of sweet milk, a little salt, a handful of flour, and a little saleratus.

*Loaf Cake.*—Take two pounds of flour, half a pound of sugar, a quarter of a pound of butter, three eggs, one gill of milk, one half tea-cupful of sweet yeast, cloves and nutmegs for spice.

*Sponge Cake.*—Four large eggs, two cups of flour, two cups of sugar, even full; beat the two parts of the eggs separate, the white to a froth, then beat them together, then stir in the flour, and without delay put it into the oven.

*Cheap Sponge Cake.*—Four eggs, three cups of sugar, one cup of milk, one tea-spoonful of saleratus, flour enough to make a good stiff batter, a little salt and spice, quick oven. Bake it twenty minutes.

*Milk Biscuit.*—Take four pounds of flour, two pounds of lard, and butter rolled well; mix it with milk—add a little salt.

*Coffee Cakes.*—Take some rice that has been boiled soft, twice as much flour as rice, a little fine Indian meal, and a little yeast. Mix it with cold water, and let it rise over night, this will make a very fine biscuit for breakfast.

*Tea Biscuit.* Take one pint of sour milk, one tea-spoonful of saleratus, flour enough to knead up, a small piece of lard or butter, a little salt; roll it out, and cut it into small biscuits.

*Johnny Cake.*—Three pints of Indian meal, one egg, a spoonful of sugar, and mix it with milk or water; spread it on a tin and bake it.

*Wedding Cake.*—Take four pounds of flour, three of butter, three of sugar, four of currants, two of raisins, two dozen of eggs, one ounce of mace and three nutmegs; a little citron and molasses improves it. Bake about three hours.

*Pound Cake.*—One pound of flour, one pound of sugar, one pound of butter, ten eggs, rose water and nutmegs.



*Jumbles.*—Take four eggs, three cups of sugar, a little nutmeg, a tea-spoonful of saleratus, a cup of butter. Stir in the flour till it will roll; cut in rounds, with a hole in the centre. Roll them in sugar.

*Baker's Gingerbread.*—Three fourths of a pound of flour, one quart of molasses, one fourth of a pound of butter, one ounce of saleratus, and one ounce of ginger.

*Tea Cake.*—Take four cups of flour three of sugar, one of butter, three eggs, one cup of milk, one spoonful of saleratus.

*Family Gingerbread.*—Four cups of molasses, two cups of boiling water, four tea-spoonfuls of saleratus, a small piece of melted butter; make it stiff with flour; roll it thin, and bake in pans.

*Wafers.*—One pound of flour, quarter of a pound of butter, two eggs beat, one glass preserved quince juice, and a nutmeg.

*Fried Wafers.*—Two eggs, two large spoonfuls of sugar, one nutmeg; flour enough to knead up hard; rolled thin.

*Composition Cake.*—One pound of flour, one cup of sugar, half a pound of butter, seven eggs, half a pint of cream.

*Common Flat Jacks.*—One quart sour milk, thicken it with flour, two tea-spoonfuls of saleratus, and a little salt.

*Buckwheat Cakes.*—Mix your flour with cold water; put in a cup of yeast, and a little salt; set it in a warm place, over night. If it should be sour in the morning, put in a little saleratus; fry them the same as flat jacks; leave enough to rise the next mess.

*Dough Nuts, No. 1.*—Three cups of sugar, three eggs, one cup of butter, one pint of buttermilk, one cup of cream, one nutmeg, saleratus sufficient for the buttermilk; mould with flour.

*Dough Nuts, No. 2.*—One pound of flour, quarter of a pound of butter, quarter of a pound of sugar, five eggs, spice.

*Economical Dough Nuts, No. 3.*—One cup of sweet milk, one cup of sugar, one tea-spoonful of saleratus, flour enough to make it roll. Salt and spice to suit your taste; two or three plums in each cake improves them.

---

### Puddings.

*Pudding Sauce.*—One pint of sugar, one table spoonful of vinegar, a piece of butter the size of an egg; boil fifteen minutes; add one table spoonful of rose water, a little nutmeg; boil it, with the sugar, in nearly a pint of water, and a large table-spoonful of flour.

*Bread Pudding.*—Take a quart of milk, in which soak crumbs of dry bread, or cracker, till it is soft, and as thick as batter; add three eggs, a little sugar, and a little saleratus; bake it about three quarters of an hour; serve up with sauce.

*Boiled Apple Pudding.*—Line a basin with paste, tolerably thin, fill it with the apples, and cover it with the paste; tie a cloth over it, and boil it about an hour and a half, till the apples are done soft.

*Baked Rice Pudding, No. 1.*—Swell a coffee cup of rice, add a quart of milk; sweeten it with brown sugar, and bake it about an hour, or a little more, in a quick oven or baker.

*Baked Rice Pudding, No. 2.*—Two cups of rice two quarts of milk; half a cup of sugar, a large tea-spoonful of salt; bake it two hours, serve it up with butter.

*Boiled Bread Pudding.*—Grate white bread, pour

boiling milk over it, and cover it close, when soaked an hour or two, beat it fine, and mix it with two or three eggs well beaten, put it into a basin that will just hold it; tie a floured cloth over it, and put it in boiling water. Serve it up with nice sauce.

*Sago Pudding.*—A large table-spoonfull of sago, boiled in one quart of milk, the peel of a lemon, a little nutmeg, and four eggs. Bake it about an hour and a half.

*Apple Pudding.*—Set your tin pail or kettle on the stove, put in a cup of water, cut in four large apples, one pint sour milk, one large tea-spoonful of saleratus; mould your crust and spread it over the top; cover it tight; bake it one hour.

*Batter Pudding, No. 1.*—One quart of milk, three eggs, one table-spoonful of salt, flour enough to make a batter; beat the ingredients till free from lumps, and it will not rope; boil it one hour and a half; if the batter be quite thin, butter the bag.

*Batter Pudding, No. 2.*—A pint of milk, four eggs made thick with flour, a little thicker than cream. Boil it one hour; serve it up with sauce made with flour and water, butter, sugar, a little vinegar, or tart, with spice to your taste.

*Sunderland Pudding.*—Eight spoonfuls of flour, three eggs, one pint of milk; baked in cups about fifteen minutes, with sauce.

*Tapioca Pudding.*—Six table-spoonfuls of tapioca, one quart of milk, three eggs, sugar and spice to your taste; heat the milk and tapioca moderately; bake it one hour.

*Wheat Meal Pudding.*—One quart of boiling water, one large tea-spoonful of salt, made stiff with wheat. Served up with cream or sweet sauce.

*Indian Hasty Pudding.*—Put in three pints of water and a table-spoonful of salt, and when it begins to boil, stir in about half enough of meal; after boiling, stir in more meal, and boil awhile longer, then stir in a little more meal, and boil it till it is thoroughly cooked.

*Boiled Indian Pudding.*—One quart of milk, five gills of meal, four eggs, a tea-spoonful of salt, and one of molasses; boil three hours.

*Another.*—Three cups of Indian meal, half a cup of molasses mixed with lukewarm water rather stiff. Boil two hours.

---

### Pastry and Pies.

*Common Paste for Pies.*—Take a quantity of flour proportioned to the number of pies you wish to make, then rub in some lard and salt, and stir it with cold water; then roll it out, and spread on some lard, and scatter over some dry flour; then double it together, and cut it to pieces, and roll it to the thickness you wish to use it.

*Good Common Pie Crust.*—Allow one hand as full of flour, as you can take it up, for each pie; and for each three handfuls, allow two heaping spoonfuls of lard or butter; rub in a part as directed, and roll in the rest.

*Cream Crust.*—This is the most healthy pie crust that is made. Take cream, sour or sweet, add salt, and stir in flour to make it stiff: if the cream is sour, add saleratus in proportion of one tea-spoonful to a pint; if sweet, use very little saleratus. Mould it as little as you can.

*Rich Puff Paste.*—Weigh an equal quantity of butter with as much fine flour as you judge necessary, mix a little of the former with the latter, and wet it with as little butter as will make it into a stiff paste.

Roll it out, and put all the butter over it in slices, turn in the ends, and roll it thin; do this twice, and touch it no more than can be avoided.

*Paste for a good Dumpling.*—Rub into a pound of flour, six ounces of butter; then work it into a paste, with two well beaten eggs and a little water. If you bake this paste, a large table-spoonful of loaf sugar may be added to it,

*Paste for Family Pies.*—Rub into one pound and a half of flour, half a pound of butter; wet it with cold water sufficient to make a stiff paste; work it well, and roll it out two or three times.

*Plain Mince Pies.*—These may be made of almost any cheap pieces of meat, boiled till tender; add suet or salt pork chopped very fine; two thirds as much apple as meat; sugar and spice to your taste. If mince pies are eaten cold, it is better to use salt pork than suet. A lemon and a little syrup of sweetmeats will greatly improve them. Clove is the most important spice.

*Apple Mince Pies.*—To twelve apples chopped fine, add six beaten eggs, and a half a pint of cream. Put in spice, sugar, raisins or currents, just as you would for meat mince pies. They are very good.

*Cherry Pies.*—The common red cherry makes the best pie. A large deep dish is best. Use sugar in the proportion directed for black berries.

*Whortleberry, or Black berry Pies.*—Fill the dish not quite even full, and to each pie of the size of a soup plate, add four large spoonfuls of sugar; for black berries and blue berries, dredge a very little flour over the fruit before you lay on the upper crust. See general observations.

*Apple Pie.*—Peel the apples, slice them thin, pour a little molasses, and sprinkle some sugar over them; grate on some lemon peel, or nutmeg. If you wish to make richer, put a little butter on the top.

*Pumpkin Pie.*—Take out the seeds, and pare the pumpkins; stew and strain it through a coarse seive. Take two quarts of scalded milk, and eight eggs, and stir four pumpkins into it; sweeten it with sugar or molasses. Salt it, and season with ginger, cinnamon or grated lemon peel to your taste. Bake with a common crust. Crackers pounded fine, are good substitutes for eggs. Less eggs will do.

*Carrot Pies.*—A very good pie may be made of carrots in the same way that you make pumpkin pies.

*Rhubarb Pies.*—Pull the rhubarb from the root, instead of cutting it; peel off the skin from the stalk, and cut into small pieces; put them in the pie with plenty of brown sugar; you can hardly put in too much. Cover the pie, and bake, like apple, in a deep plate.

*Mutton Pie.*—Cut steaks from the loin of mutton, beat them and remove some of the fat; season it well, and put a little water at the bottom of the dish. Cover the whole with a pretty thick paste, and bake it.

*Chicken Pie.*—Cut up your chicken; parboil it; season it in the pot; take up the meat, put in a flour thickening, and scald the gravy; make the crust of sour milk made sweet with saleratus; put in a piece of butter or lard the size of an egg; cream is preferable to sour milk, if you have it. Take a large tin pan, line it with the crust, put in your meat, and pour in your gravy from the pot; make it nearly full, cover it over with the crust, and leave the vent; bake it in a moderate oven two hours, or two and a half.

*Custard Pie.*—For a large pie, put in three eggs, a heaping table-spoonful of sugar, one pint and a half of milk, a little salt, and some nutmeg grated on. For crust, use common pastry.

*Rice Pie.*—Boil your rice soft; put one egg to



each pie, one table-spoonful of sugar, a little salt and nutmeg.

*Lemon Pie.*—Take one lemon and a half, cut them up fine, one cup of molasses, half a cup of sugar, two eggs; mix them together, prepare your plate, with a crust in the bottom; put in half the materials, lay over a crust, then put in the rest of the materials, and cover the whole with another crust.

---

### Custards.

Boil a quart of milk with a bit of cinnamon, and half a lemon peel, sweeten it with nice white sugar, strain it, and when a little cooled mix in gradually seven well beaten eggs, add a table-spoonful of rose water: Stir all together over a slow fire till it is of proper thickness, and then pour it into your glasses. This makes good boiled custards.

*Another Way.*—Take six eggs, leave out the whites, mix your eggs and sugar together with some rose water, then boil a pint of rich milk and put in the eggs; let it simmer a minute or two, and stir it to prevent its curdling.

*Baked Custard.*—Two quarts of milk, twelve eggs, twelve ounces of sugar, four spoonfuls of rose water, one nutmeg.

*Cream Custard.*—Eight eggs beat and put into two quarts of cream, sweetened to the taste, a nutmeg and a little cinnamon.

*Common Custard.*—Boil a pint of milk with a bit of cinnamon and lemon peel, mix one table-spoonful of potatoe flour with two of cold milk, put in a sieve and pour the boiling milk upon it, let it run in a basin, mix in by degrees the well beaten yolks of three eggs. Sweeten and stir it over the fire a few minutes to thicken.

*Rice Custard.*—Mix a pint of milk, have a pint of cream, an ounce of sifted ground rice, two table-spoonfuls of rose water, sweeten with loaf sugar, and stir all well together till it nearly boils; add the well beaten yolks of three eggs. Stir and let it simmer for about a minute, pour it into a dish or serve it in cups, with sifted loaf sugar and a little nutmeg over the top.

*Custards to turn out.*—Mix with the well beaten yolks of four eggs a pint of new milk, half an ounce of dissolved isinglass, sweeten with loaf sugar and stir it over a slow fire till it thickens; pour it into a basin, and stir it till a little cooled, then pour it in cups to turn out when quite cold. Add spice as you like to the beaten eggs.

---

### Meats.

Meat to be in perfection should be kept a number of days when the weather will admit of it. Beef and mutton should be kept at least a week in cold weather, and poultry three or four days. It should be kept in a cool, airy place, away from the flies, and if there is any danger of its spoiling, a little salt should be rubbed over it. The best way to boil it is to put it in cold water, and boil it gently, with just water enough to cover it, as it hardens by furious boiling. The scum should be taken off as soon as it rises. The liquor in which all kinds of fresh meat is boiled, makes a good soup, when thickened and seasoned.

*Roast Beef.*—The tender loin, and first and second cuts off the rack, are the best roasting pieces—the third and fourth cuts are good. When the meat is put to the fire, a little salt should be sprinkled on it, and the bony side turned towards the fire first. When the bones get well heated through, turn the



meat, and keep a brisk fire—baste it frequently while roasting. There should be a little water put into the dripping pan when the meat is put down to roast. If it is a thick piece, allow fifteen minutes to each pound to roast it in—if thin, less time will be required.

*Beef Steak.*—The tender loin is the best piece for broiling. A steak from the round or shoulder clod is good and comes cheaper. If the beef is not very tender, it should be laid on a board and pounded, before broiling or frying it. Wash it in cold water, then lay it on a gridiron, place it on a hot bed of coals, and broil it as quick as possible, without burning it. If broiled slow, it will not be good. It takes from fifteen to twenty minutes to broil a steak. For seven or eight pounds of beef, cut up about a quarter of a pound of butter. Heat the platter very hot that the steak is to be put on, lay the butter on it, take up the steak, salt and pepper it on both sides. Beef steak to be good, should be eaten as soon as cooked. A few slices of salt pork broiled with the steak, makes a rich gravy with a very little butter. There should always be a trough to catch the juices of the meat when broiled. The same pieces that are good broiled, are good for frying. Fry a few slices of salt pork, brown, then take them up and put in the beef. When brown on both sides, take it up, take the pan off the fire, to let the fat cool; when cool, turn in half a tea cup of water, mix a couple of tea-spoonfuls of flour with a little water, stir it into the fat, put the pan back on the fire, stir it till it boils up, then turn it over the beef.

*Soups.*—To extract the strength from the meat, long and slow boiling is necessary; but care must be taken that the pot is never off the boil. All soups are better for being made the day before they are to be used, and they should then be strained into earthen pans. When soup has jellied in the pan, it should not be removed into another, as breaking it will occasion its becoming sour, sooner than it would otherwise

do. When in danger of not keeping, it should be boiled up.

*To Roast Veal.*—Veal should be roasted brown, and if a fillet or loin, be sure and paper the fat that as little of it may be lost as possible. When nearly done, baste it with butter and dredge it with flour.

*To Roast Pork.*—Pork should be well done. When roasting a loin, cut the skin across with a sharp knife, otherwise the cracking is very bad to manage. A spare-rib, should be basted with a little butter, a little flour, and sweet herbs, or sage and onions, as best suits the taste of the employers. Apple-sauce should be served with this dish.

*To Boil a Ham.*—Put a ham in a boiler, whilst the water is cold; be careful that it boils slowly. A ham of twenty pounds takes four hours and a half, larger and smaller in proportion. Keep the water well skimmed. A green ham wants no soaking, but an old one must be soaked sixteen hours in a large tub of water.

*Baked Tongue.*—Season with common salt and salt-petre, brown sugar, pepper, cloves, mace, and allspice, in fine powder, for a fortnight; then take away the pickle, put the tongue into a small pan; lay some butter on it, cover it with brown crust, and bake slowly, till so tender that a straw would go through it. To be eaten when cold. It will keep a week.

*To Boil a Tongue.*—Put a tongue, if soft, in a pot over night, and do not let it boil till about three hours before dinner; then boil till dinner time; if fresh out of the pickle, two hours and a half, and put it in when the water boils.

*To Boil a Calf's Head and Pluck.*—Clean the head very nicely, and soak it in water till it looks very white. The tongue and heart need longer cooking than the rest. Boil these an hour and a half, the

head an hour and a quarter, and the liver an hour; tie the brains in a bag, and boil them one hour. Take up all at the same time; serve up the brains with pounded cracker, butter, pepper, vinegar and salt. To be eaten with butter gravy.

*Stuffing.*—Take dry pieces of bread or crackers, chop them fine, put in a small piece of butter, or a little cream, with sage, pepper, and salt, one egg, and a small quantity of flour, moistened with milk.

*Roast Turkey.*—Let the turkey be picked clean, and washed and wiped dry, inside and out. Have your stuffing prepared, fill the crop and then the bag full; sew it up, put it on a spit, and roast it, before a moderate fire, three hours. If more convenient, it is equally good when baked. Serve up with cranberry, or apple sauce, turnipsauce, squash, and a small Indian pudding, or dumplings, boiled hard, is a good substitute for bread.

*To Roast Geese and Ducks.*—Boiling water should be poured all over, and inside of a goose, or duck, before you prepare them for cooking, to take out the strong oily taste. Let the fowl be picked clean, and wiped dry with a cloth, inside and out; fill the body and crop with stuffing; if you prefer not to stuff it, put an onion inside; put it down to the fire, and roast it brown. It will take about two hours and a half.

*To boil a Turkey.*—Stuff a young turkey, weighing six or seven pounds, with bread, butter, salt, pepper, and minced parsley; skewer up the legs and wings as if to roast; flour a cloth, and pin around it. Boil it forty minutes, then set off the kettle and let it stand, close covered, half an hour more. The steam will cook it sufficiently. To be eaten with drawn butter and stewed oysters.

*Wild Fowls.*—These fowls always require a brisk fire, and should be roasted till they are a light brown

but not too much, otherwise they lose their flavor by letting the gravy run out.

*To Roast a Fowl.*—It is picked, nicely cleaned and singed, the neck is cut off, the fowl washed. It is trussed, and dredged with flour, and when put down to roast, basted with butter. When the steam draws towards the fire it is done. A good sized fowl will require above an hour to roast. Make a rich gravy from the drippings, add butter, a little thickening and the inwards, nicely chopped, after you have boiled them soft.

*Chickens.*—They must be roasted as above—they will require about three quarters of an hour, if of common size, before a brisk fire.

*To Boil a Fowl.*—When nicely singed, washed, and trussed, it is well dredged with flour, and put on in boiling water, and if a large one, boiled nearly an hour. It is served with parsley and butter. Boiled chickens may be stuffed, they require a little longer boiling.

*Roasted Pigeons,* should be often basted with butter; considerable pork should be put in the stuffing, that they may not be dry; Serve them with parsley and butter in the dish, or make a gravy of the giblets, some minced parsley, seasoned with pepper and salt.

*Meat Pies*—Have a good crust ready; let your meat be cold, put such seasoning as you like, and cut small pieces of butter over the top, before putting on the upper crust. Allow sufficient moisture.

---

### **To Boil Salmon.**

*To Boil Salmon.*—Clean it carefully, boil it gently twenty or thirty minutes, and take it out of the water

as soon as it is done. Let the water be warm if the fish is split.

*To make a Chowder.*—Lay some slices of good fat pork, in the bottom of your pot, cut a fresh cod into thin slices, and lay them top of the pork, then a layer of biscuit, and alternately the other materials, till you have used them all, then put in a quart of water. Let it simmer till the fish is done; previously to its being thoroughly done, add pepper, salt, and such seasoning as you like, and a thickening of flour, with a coffee cup of good cream, or rich milk.

*Clam Chowder*, is made in the same way, only the heads and hard leathery parts must be cut off.

*Fried Eels.*—Parboil them a few minutes, then have your fat ready and fry them. An improvement is to dip them into an egg, and crumbs of bread.

*To broil Fish.*—Let it have been caught one day--- lay the inside on the gridiron and not turn it till it is nearly done.

---

## Oysters.

*Oyster Sauce.*—When your oysters are opened, take care of all the liquor, and give them one boil in it. Then take the oysters out, and put to the liquor three or four blades of mace; add to it some melted butter, and some good cream; put in oysters and give them a boil.

*To Stew Oysters.*—Put the liquor in a sauce pan upon hot coals; when it all but boils up, add the oysters, and pour in a little milk, or if you choose water, about a tea cup to a quart of oysters. Let them boil up a minute, not more; meantime, put in a small piece of butter, and dredge in some flour; set the sauce pan off and stir the oysters till the butter is melted.

Lay some crackers or toasted bread in the dish, and pour on the oysters. They are very fine with roast or boiled turkey.

*To Fry Oysters.*—Make a batter of two eggs, three gills of milk, two spoonfuls of flour, and some fine bread crumbs. Beat it well. Dip each oyster into the batter, and fry in lard.

*Oyster Soup.*—Boil the liquor with chopped celery and a little butter. When it boils up, add half as much milk as there is liquor. Have the oysters ready in a dish upon a slice of toasted bread, and when the liquor boils up again, pour it over them.

---

### Vegetables.

*To make Vegetables eat tender.*—Put a spoonful or two of pearlsh or soda into the water you boil them in.

*Potatoes.*—To boil potatoes, peel round a narrow strip in a ring, before putting them into the pot, to give them a chance to burst and become mealy. Do not let them stop boiling for an instant, and when they are done, turn the water off completely, and throw in a little salt, which will absorb the moisture remaining. Most potatoes will boil in the course of half an hour, new ones takes less time. Sweet potatoes are better baked than boiled.

*Mashed Potatoes.*—When your potatoes are thoroughly boiled, drain them quite dry, pick out every speck, and while hot, rub them through a colander; to every pound of potatoes, put about half an ounce of butter and a table spoonful of milk; egg them with the yolk of an egg, and brown them before a slow fire. To fry or broil them, boil them first.

*To Roast Potatoes.*—Some cooks boil them till they are half done, and then put them in a baker before a moderate fire.



*Turnips.*—Peel off the outside; if you slice them they will boil sooner; when tender, take them up and mash them with butter, or boil and serve them whole.

*Green Peas.*—Should be young and fresh shelled: wash them clean; put them into fresh water just enough to cover them, and boil them till they take up nearly all the water; then take them up and all the water with them, and season them with salt and butter.

*Baked Beans.*—Dissolve a lump of saleratus as big as a walnut, with your beans before baking and you will find them greatly improved.

---

### Preserves.

*To Preserve Citron.*—Pare and cut open the citron, clean all out except the rind; boil it till soft. To a pound of citron, add a pound of sugar and a lemon to each pound: put the sugar and lemon together and boil it till it becomes a syrup, skimming it well; then put the syrup and citron together and boil it an hour.

*Preserved Apples.*—Weigh equal quantities of good brown sugar and of apples; peel, core and mince them small. Boil the sugar, allowing to every three pounds a pint of water; skim it well, and boil it pretty thick; then add the apples, the grated peel of one or two lemons, and two or three pieces of white ginger if you have it; boil till the apples fall and look clear and yellow. This preserve will keep for years.

*Black Currants.*—Gather the currants upon a dry day; to every pound allow half a pint of red currant juice and a pound and a half of finely pounded loaf sugar. With scissors clip off the heads and stalks; put the juice, currants, and sugar in a preserving pan; shake it frequently till it boils; carefully remove the fruit from the sides of the pan; and take off the scum

as it rises; let it boil for ten or fifteen minutes. This preserve is excellent, eaten with cream.

*Cherries.*—To a pound of cherries, allow three quarters of a pound of fine loaf sugar; carefully stone them, and as they are done throw part of the sugar over them; boil them fast with the remainder of the sugar, till the fruit is clear and the syrup thick. Take off the scum as it rises.

*Gooseberries.*—The tops and tails being removed from the gooseberries, allow an equal quantity of finely pounded loaf sugar, and put a layer of each alternately, into a large deep jar; pour into it as much dripped red currant juice as will dissolve the sugar, adding its weight in sugar. The next day put all in a preserving pan and boil it.

*To Boil Pears.*—Parboil the pears in water; peel them. Clarify your sugar and boil them till they become red and clear; take the pears out, boil up the syrup, strain it and put it over the pears.

When you bake pears parboil them before putting them in the oven, peel them, make a liquor from this water, well thickened with molasses, and put the pears into it and set them in the oven.

*For making Pickles.*—Throw them into some salt and water for a few days, or a week, then take them out and rinse them, put them into a jar with vinegar, let them stand a few weeks, then turn your vinegar and pickles into a brass kettle, with some alum, and let them scald slowly; do not let them come to a proper boil; they will then be green; add onions, horse-radish, mustard-seed, and pepper as you choose. Oak leaves scattered among the pickles, and covered over the top, will prevent the necessity of ever scalding them.

*To Pickle Cucumbers.*—Take two or three hundred, lay them on a dish, salt them, and let them remain eight or nine hours; then drain them, and laying them in a jar, pour boiling vinegar upon them. Place



them near the fire, covered with vine leaves. If they do not become sufficiently green, strain off the vinegar, boil it, and again pour it over them, covering with fresh leaves. Continue to do so till they become as green as you wish.

*Tomato Pickles.*—Take one peck of tomatoes gathered green, and one third as many peppers; soak them in cold water twenty-four hours; cold sharp vinegar enough to cover, with an ounce of bruised cloves, to a gallon of vinegar. Tomatoes pickled in this way, will keep one year.

---

### Jams and Jellies.

*Peach Jam.*—Gather the peaches when quite ripe, peel and stone them, put them in a preserving pan and mash them over the fire till hot; rub them through a sieve, and add to a pound of pulp, of the same weight of pounded loaf sugar, and half an ounce of bitter almonds, blanched and pounded; let it boil ten or twelve minutes. Stir it and skim it well.

*Raspberry Jam.*—Weigh equal proportions of pounded loaf sugar and raspberries; put the fruit into a preserving pan, and with a silver spoon mash it well; let it boil six minutes; add the sugar, and stir well with the fruit. When it boils, skim it and let it boil for fifteen minutes.

*Strawberry Jam.*—Gather the scarlet strawberries when perfectly ripe, bruise them well, and add the juice of other strawberries; take an equal weight of lump sugar, pound and sift it, stir it thoroughly into the fruit, and set on a slow fire; boil it twenty minutes, taking off the scum as it rises, pour it into glasses or jars, and when cold, tie them down.

*White or Red Current Jam.*—Pick the fruit very nicely, and allow an equal quantity of finely pounded

loaf sugar; put a layer of each, alternately, into a preserving pan, and boil for ten minutes; or they may be boiled the same length of time in sugar previously clarified and boiled like candy.

*Apple Jelly.*—Pare, core, and cut thirteen good apples into small bits; as they are cut throw them into two quarts of cold water; boil them in this, with the peel of a lemon, till the substance is extracted, and nearly half the liquor washed; drain them through a hair sieve. And to a pint of the liquid, add one pound of loaf sugar, pounded, the juice of one lemon, and the beaten whites of one or two eggs; put it into a sauce pan, stir it till it boils, take off the scum and let it boil till clear, and then pour it into a mould.

*Raspberry, Red Currants and Strawberry Jellies,* may be made by putting the fruit into an earthen pan, bruising it with a wooden spoon, adding a little cold water and some finely powdered loaf sugar. In an hour or two, strain it through a jelly bag, and to a quart of the juice, add one ounce of isinglass which has been dissolved in half a pint of water; well skimmed, strained and allowed to cool—mix all well, and pour it into an earthen mould. Lemon juice should be added to jellies, in proportion to the acidity of the fruit.

---

### Cookery for the Sick.

*Water Gruel.*—Mix a large spoonful of oatmeal by degrees into a pint of water, and when smooth boil it.

*Toast Water.*—Toast slowly a thin piece of bread till quite brown and hard, but not the least black; plunge it in cold water and cover it over an hour before used. This is very serviceable, used for weak bowels. It should be a fine brown color before drinking it. Sweeten it with loaf sugar.

*Beef Tea.*—Cut a pound of fleshy beef in thin slices; simmer with a quart of water twenty minutes, after it has been boiled and skimmed. Season if you wish it. Generally only salt is added.

*Drink in a Fever.*—Put a little sage and balm together; pour boiling water over them; peel thin a small lemon, and clean from the white; slice it and put a bit of the peel in; sweeten and cover it close; water to make the ingredients about a quart; dilute it as you wish.

*Sago.*—Soak it in cold water an hour; pour that off and wash it well, then add more, and simmer gently, till the berries are clear, with lemon peel and nutmeg, if approved. Add wine and sugar, and boil up all together.

*Sago Milk.*—Cleanse as above, and boil it slowly and wholly in new milk. It swells so much that a small quantity will be enough for a quart, and when done, it will not be more than a pint.

*Broth.*—Take two pounds of lean beef, five quarts of water, simmer down to three quarts; add half a cup of rice, and a little salt. Veal or mutton prepared the same way.

*Gruel.*—Take one cracker and pound it fine; then pour one pint of boiling water to it; add a little sugar and salt. Grate some nutmeg upon it.

*Milk Porridge.*—Make a fine gruel of nice bolted Indian meal; add a little cold milk and salt.

*Boiled Chickens.*—Clean them nicely, cover them with cold water; set them over a slow fire, and skim them well. Boil them very tender, and if you wish a broth, put a little rice in the water, half an hour before you take them from the fire.

*Egg and Wine.*—An egg divided, and the yolk and white beaten separately, then mixed with a glass of

wine, will afford two very wholesome draughts, and prove lighter, than when taken together.

---

### Drinks for the Sick.

*Apple Tea.*—Roast sour apples, and pour boiling water upon them. Drink when cold.

*A very Refreshing Draught in a Fever.*—Put a few spriggs of sage, balm and sorrel into a jug, having first washed and dried them. Take off the yellow part of the rind of a small lemon; remove the white, slice the lemon, and put it into the jug with part of the peel: pour in three pints of boiling water, sweeten it and stop it close.

*Another.*—Boil an ounce and a half of tamarinds, three ounces of currants, and two of stoned raisins, in three pints of water, until ner one third is wasted; then strain it.

*Toast Water.*—Toast a crust of white bread very brown without burning it, and put it into cold water. After an hour, the water will be a refreshing drink; and it is sometimes grateful to the stomach when no other can be taken. It is made much more palatable by the addition of any acid jelly.

## Medical Department.

### GENERAL RULES FOR PRESERVING LIFE AND HEALTH.

*Sir R. Philip's Rules.*—1. Rise early, and never sit up late.

2. Wash the whole body every morning with cold water by means of a large sponge, and rub it dry with a rough towel, or scrub the whole body for ten or fifteen minutes with flesh brushes.

3. Drink water generally, and avoid excess of spirits, wine, and fermented liquors.

4. Keep the body open by the free use of the syringe, and remove superior obstructions by aperient pills.

5. Sleep in a room which has free access to the open air.

6. Keep the head cool by washing it when necessary with cold water, and abate feverish, and inflammatory symptoms when they arise by persevering stillness.

7. Correct symptoms of plethora and indigestion by eating and drinking less per diem for a few days.

8. Never eat a hearty supper, especially of animal food; and drink wine, spirits, and beer, if these are necessary only after dinner.

*Dr. Boerhaave's Rules.*—Keep the feet warm; the head cool; and the body open. If these were generally attended to, the physician's aid would seldom be required.

*Ague and Fever.*—The first thing to be done in this disease is to take a lobelia emetic after giving composition powders with a little rhubarb in them. This must be done before the cold stage comes on; hot stones must be put to the feet before the emetic is given.

Guard against wet feet and night air, keep a little fire on the hearth, particularly at night; drink occasionally of thoroughwort tea, poplar bark, camomile flowers, or tea made of the inner part of white oak; the peruvian bark and quinine are the best popular remedies for the cure of this disease.

*Ear Ache.*—Soak the feet in warm water; roast an onion and put the heart of it into the ear as warm as can be borne; heat a brick, wrap it up, and apply to the side of the head. When the feet are taken from the water, bind roasted onions on them. Lard or sweet oil, dropped into the ear, as warm as it can be borne is good.

*Gravel.*—The warm bath should be used, and flannel wrung out of a decoction of warm herbs should be kept on the bowels. Drink moderate draughts of gum arabic warm. When the pain subsides, use gentle physic.

Lime water, about a gill at a time, as a drink, and repeated often, is good in this disease.

Make a decoction of a handful of smart weed; add one gill of gin, and take the whole in twelve hours. This has been known to discharge a table spoonful of gravel stones at a time.

Persons subject to gravel should sweeten their tea with honey.

*Measles.*—The principal point in this disorder is to keep out the eruption upon the surface of the body. Let the patient immerse his feet in warm water two or three times a day, and drink plentifully of thoroughwort tea, taking care to be well wrapped in a comforter, so as to produce a copious sweat. Saffron is very valuable; let this and thoroughwort be the only drink. Mustard poultices applied to the feet are very useful. Let the bowels be kept gently open with rhubarb.

*Whooping Cough.*—The principal danger to be guarded against in this complaint, is an inflammation



of the lungs. It will be proper therefore to give slight emetics frequently, of wine of ipecac, or tincture of lobelia, to keep the lungs free. Let the diet be light and easy of digestion, and the drink pennyroyal, or life everlasting, steeped, and sweetened with honey or molasses. Keep the bowels open with rhubarb tincture—a tea-spoonful may be given to an infant twice a day, as it may need. Apply a strengthening plaster between the shoulders. In pleasant weather let the child have fresh air. A change of air is very desirable.

*Gout.*—In this complaint, a perspiration should be kept up by the use of the hot medicines—especially composition and pennyroyal tea, as this will assist nature in expelling the gouty matter. As the seat of the disease is generally in the foot and leg, it should be wrapped in the softest wool, wet in sweet oil, and lightly bandaged. When the fit is over, a dose of the tincture of rhubarb should be given. When the disease attacks the head or lungs, measures should be taken to bring it to the feet. For this purpose, let the feet be bathed in warm water, followed by strong mustard poultices.

*Convulsions or Fits.*—These generally proceed from overloading the stomach and bowels with crude indigestible food. Sometimes they precede an eruption, as chicken pox, measles, &c., and from cutting teeth, or tight clothing. If costive, give the child a clyster, afterwards a gentle vomit, and keep the body open by small doses of magnesia or rhubarb, and give a dose occasionally of some warming preparation, as peppermint, or anise seeds steeped, and sweetened. If fits proceed from the pain of teething, a little paragoric may be administered, or a tea of valerian or the scullcap herb.

*Scurvy.*—Remove the patient to a dry, airy place, and let him eat freely of vegetables, and fresh animal food. Oranges, lemons, &c., are useful; this change

of air and diet will usually effect a cure. The throat should be frequently gargled with cayenne pepper and vinegar, and the system kept warm by a free use of the composition powders.

*Weak Nerves.*—When the body is costive, take a little rhubarb, or senna and rhubarb infused in brandy. Take occasionally some tonic or strengthening bitters, and if troubled with wind, use anise seed tea, or a tea of golden rod. Where there is trembling and agitation of the nerves, nothing is better than a tea made of the blue scull-cap herb, to be taken on going to bed. An ounce of the herb may be put to a quart of boiling water,—strain it after steeping a while, sweeten with loaf sugar, and drink freely of it.

*Chicken Pox.*—Let the patient be confined to the bed—kept cool, and take a dose of salts. A little saffron tea may be given. This will generally remove the symptoms.

*Chilblains.*—Common copal varnish will be found most efficacious, by applying it to the part affected. If this fail, make use of pig's foot oil; this will effect an immediate cure.

*Sore Throat and Sore Mouth.*—Take a tea spoonful of cayenne, put it to two table-spoonfuls of hot vinegar, stir it a while, then strain, and sweeten with honey, molasses or sugar. Take a tea-spoonful every half hour till relieved. Crane's bill root chewed, or made into a tea, is excellent for the above complaints. White pond lilly is nearly as good.

*Sprains.*—Let the sprained limb be immediately immersed in cold water, and kept in fifteen minutes. Then bind on bruised wormwood and hot drops. The following compound is very valuable in sprains. Take a spoonful of honey, the same of salt, and the white of an egg—beat the whole together for an hour—let it stand two hours, and then anoint the sprained limb with oil which will be produced from the mixture.

*Erysipelas*.—Give such medicines as serve to strengthen the alimentary canal, and thus prevent an accumulation of wind. The peruvian bark in tincture, with a little nutmeg or ginger added to it, is a good remedy,—also the pleurisy root in powder a tea-spoonful at a dose, repeating it occasionally. Exercise, however, is of the greatest importance in this complaint.

*Fainting*.—Loosen the patient's clothes, and let him have fresh air. If he can swallow, pour a tea-spoonful or two of vinegar and water into his mouth, and dash or sprinkle his face with the same. Keep him as quiet as possible. Put a smelling bottle of hartshorn occasionally to his nose. Rub the body with a flannel wet with hot drops.

*Coughs and Colds*.—Keep the bowels open by pills or senna—soak the feet in warm water, and drink freely of herb tea, such as catmint or spearmint. Use for the cough, a syrup of life everlasting, and thoroughwort, boiled in molasses.

*Colic*.—Bathe the feet and legs in warm water, apply warm fomentations over the stomach, take a dose of castor oil, and drink freely of peppermint, to which may be added, when in considerable pain, from 30 to 60 drops of paragoric. Clysters must be given if oil does not move the bowels.

*Hydrophobia*.—The blue scull-cap herb has been regarded as a specific for this disorder. About two ounces of the dried herb when reduced to powder, and divided into several portions, is sufficient to cure man or beast if seasonably given. Give a dose every other day, and on intervening days a portion of sulphur.

*Jaundice*.—No medicines are more beneficial in jaundice, than emetics occasionally repeated, followed by gentle purges of rhubarb, or epsom salts.

Dr. Thompson recommends giving the composition

to raise the internal heat, and emetics of lobelia to cleanse the stomach, and promote perspiration; then give bitters to regulate the bile and restore the digestive powers. When the system is much disordered, it will be necessary to go through regular courses of medicine. Patients have often been cured of jaundice by a long journey, after other means had failed.

*Sickness at the Stomach.*—Drink spearmint tea, and it will soon check it.

*Cholera Infantum.*—The stomach and bowels must be evacuated, and afterwards give charcoal and magnesia, or the latter alone. When there is much irritability, clysters of flax seed tea, mutton broth, and starch, with a little laudanum in them, will give ease. Fomentations to the bowels and abdomen are useful. After the violence of the symptoms is over, give the peruvian bark in powder or decoction, adding a little nutmeg. Or use a tea of avens, or bay-berry root, or the leaves of red raspberry. The removal of children to the country, abstaining from fruit, the use of flannel, and the cold bath, are the means prescribed for prevention.

*Tcething.*—Use castor oil to keep the bowels open, and feed with balm tea. A pitch plaster should be kept constantly between the shoulders and renewed once in two weeks. Rub the gums with honey three or four times a day. Let the child have pure air, and wash it every day with cold water.

*Tooth-ache.*—Cotton wool, wet with paragoric or spirits of turpentine, and placed upon the tooth, will often give relief. Bathe the face with hot drops, and hold some in the mouth; if this does not succeed, soak the feet in warm water, and put a mustard poultice upon the back of the neck. Wrap up in clothes, and drink composition, until a copious sweat is produced.

*Bleeding at the Lungs or Spitting Blood.*—To

check the bleeding, let the patient eat freely of raw table salt. Loaf sugar and rosin, equal parts powdered, take a tea-spoonful four or five times a day : it will be found of great use. A tea made of yarrow is very useful in this complaint. Choose a light diet, chiefly of milk and vegetables, and avoid all hot and stimulating drinks.

*Bronchitis.*—Avoid exposure to cold or damp air; refrain from reading aloud, public speaking, singing, or blowing instruments : keep clear of stimulants, and use a diet of milk and vegetables ; take some soothing syrup to allay the irritation ; wear no cravat or other bandage about the neck, a light ribbon is sufficient ; let the neck have plenty of fresh air, and apply cold water to it every morning when you wash.

*Liver Complaint.*—For liver complaint, use the syrup recommended for the dyspepsia, or a strong infusion of Virginia snake root three times a day. It will produce a fine moisture upon the skin, without which a liver complaint can never be cured.

*Lockjaw.*—Sweating is of the first importance in this complaint. Take one ounce of the seed of lobelia, pounded fine, two ounces of cayenne, half a pint of hot drops, to be kept in a bottle for use, to be shaken up when used. This will go through the system like electricity. In pouring a little into the mouth between the cheek and teeth, when the jaws are set, it will relax the spasms as soon as it touches the glands at the roots of the tongue, and the jaws will at once become loosened. Give a dose of it as soon as the spasms have abated, and drink freely of pennyroyal tea.

*Nettle Rash.*—Let the patient drink saffron tea, and keep the bowels open with epsom salts—use a light diet, this will remove it.

*Ring Worm.*—Make a decoction of tobacco leaves,

add vinegar and strong ley to the liquor ; wash the eruptions often with this, and it will infallibly cure.

*Dysentery.*—Give, in the commencement, a slight emetic to evacuate the stomach, to be followed by a dose of sweet tincture of rhubarb, or rhubarb and elixer-salutus, equal parts, a wine glass full for a dose. Afterwards brace up by taking infusions of quassia columbo, or gentian, combined with a small portion of rhubarb.

Dr. Thompson says, that the best plan of treatment is to carry the patient through a regular course of medicine, repeating it, if occasion requires, every day till relieved. During the operation give chicken broth, and after the disease is checked, give occasionally a little brandy and loaf sugar burned together, and drink freely of poplar bark tea. Keep up the heat of the system by giving occasionally between the courses, cayenne in a tea of bay-berry, or hemlock bark, or of raspberry leaves. Steaming, he says, is of great importance in this complaint, and injections often administered.

*Scalds and Burns.*—One of the best remedies for burns is cotton wool, wet in sweet oil and applied to the part affected ; the inflammation will generally be subdued in ten hours—in slight burns, in much less time. Give a few drops of paragoric to quiet the patient. Vinegar and water, with a little brandy, mixed together, is also very useful to bathe a burn with. When the sores are dressed, let finely powdered chalk be sprinkled upon them ; it will absorb the matter and facilitate the healing. Lard and soot make a very valuable ointment for burns.

*Cramp in the Stomach.*—The patient if possible, should be put into a warm bath—at any rate, let the cloths dipped in hot water be constantly kept upon the stomach.

Take freely of composition powders, hot drops, or



of strong spearmint tea. If the pain be very severe, take a dose of paragoric, say 60 drops.

An injection of spearmint will be found of great use.

*Croop.*—Active measures should be immediately pursued. Let no time be lost in giving an emetic—immerse the feet in warm water, and put a poultice of yellow snuff, mixed with goose oil, upon the stomach. Sweet oil will answer. Apply a number of thicknesses of flannel wet with hot water over the wind-pipe, as hot as it can be borne. Change as often as it cools. Place onion poultices upon the feet when taken from the water.

*Rickets.*—Commence a cure by plenty of out-door exercise, cold bathing in summer, and tepid in winter, with the use also of friction. Let the diet be nourishing and if necessary, give gentle vomits, and mild purges, to keep the stomach and bowels in a healthy state. Tonic or bracing medicines should be administered; such as the peruvian bark in a little milk, avens root made into a tea, or raspberry leaves, which make a pleasant drink.

*Palsy.*—The diet must be warm and invigorating, seasoned with spices and aromatic vegetables. Frictions with the flesh brush must be used, assisted by liniments and embrocations, as spirits of turpentine, volatile liniment, hot drops, &c.; warm baths are serviceable, as also is electricity. Vomits should be used where the disease is owing to the poison of lead, mercury or arsenic: and occasional doses of purgatives, as epsom salts, or rhubarb.

*Blows and Bruises.*—An ointment made of fresh winter-green leaves, simmered in lard, and a little turpentine added to it, is excellent for blows and bruises. Wormwood, macerated in boiling water, and repeatedly applied, will speedily remove pain, prevent swelling, discoloration, &c.

*Dyspepsia.*—Let the patient soak the feet every

night in warm water, and drink freely of hot peppermint tea, till a free moisture is brought on from head to foot. Take a billious pill every night, and two thirds of a wine glass full of the following syrup three or four times a day, fasting: Virginia snake root, one ounce, life of man root, four ounces, peppermint herb, one ounce, white pine bark, one ounce; boil all together in four quarts to a pint; strain, and add half a pint of Holland Gin, and half a pint of molasses, then bottle for use. It may be added that pure air, sea bathing, the shower bath, and free exercise on horseback, in a carriage, or on foot, will tend much to accelerate a cure.

*Head Ache.*—If the pain is occasioned by indigestion, let a pill be taken to open the bowels: if from a foul stomach, take an emetic and sweat, followed by a dose of senna or oil; if from a rush of blood to the head, apply leeches, and keep the head cool by laying upon the forehead cloths wet in cold spirit, or vinegar and water. In cases of the common or sick head ache, drink freely of strong thoroughwort tea.

*Cholera Morbus.*—Apply flannel cloths, wrung out in hot water or spirits, over the whole surface of the stomach, immerse the feet in warm water, or, if the patient be in bed, bottles filled with hot water, and kept to the feet, will answer. Drink freely of warm pennyroyal tea and composition powders. If these means fail, give sixty drops of paragoric, and put a strong poultice of mustard upon the stomach. When the pain subsides, give a dose of castor oil, to carry off the remaining bile. Those subject to this disease should alwas wear a flannel next their body, be cautious of their diet, and avoid exposure to the damp, cold air,

*Scarlet Fever.*—The lobelia emetic, may be administered—endeavoring to produce perspiration in the course of the emetic—immediately after the operation

of the emetic, give physic until a thorough evacuation is produced.

If the patient is not attacked with vomiting, commence immediately with physic. It often requires more physic than in ordinary cases; but the quantity should not be increased, that is, of a dose, but the dose should be repeated once in two hours until a thorough operation is produced; then wait a sufficient time and repeat the operation, unless the attack be very light. The principal dependance in eradicating this disease, in any stage of it, is by physic. Put the patient into a warm bath repeatedly. When the surface is hot, bathe it frequently with weak ley, or alcohol.

*Dropsy.*—Keep the bowels open with some mild physic; give the lobelia emetic three times a week, together with the vapor bath.

Place the patient in bed, and construct a frame so as to keep up the bed clothes. Produce a vapor by burning spirits, and conduct the vapor, by means of a tube under the clothes. Let the patient remain in this vapor bath an hour; between giving the vapor and the emetic, give an injection of pennyroyal tea—put in a tea-spoonful of lobelia, and as much cayenne. Cream of tartar, dissolved in water, and taken every day is very useful.

Exercise is of the first importance; the patient should sleep on a hard bed and in a dry room. Let the body be rubbed morning and night with a course towel, or flesh brush; wear flannel next the body constantly—abstain as much as possible from drink, and let the food be light, and rather stimulating.

*Asthma.*—In the moist asthma, such things as promote expectoration, must be used. Syrups of squills, in small doses, is perhaps as simple as anything. In the dry asthma, anti-spasmodics, and bracing medicines, are most proper. The patient may take a tea-spoonful of paragoric, twice a day or so, or a tea-spoon-

ful of peruvian bark in powder, in a wine glass of milk, before eating, once a day. In the botanic practice, lobelia is found to be a specific for this complaint. It is also highly recommended by the medical faculty. To promote expectoration, and to relieve tightness, give every fifteen or twenty minutes a tea-spoonful of the tincture. To vomit, give half or two thirds of a wine-glassful, which may be repeated, if it does not operate in thirty minutes or so; drinking plentifully during the operation, of some warming tea, pennyroyal, &c. Persons subject to this complaint, should take as much exercise as they can bear, either on foot, horseback, or in a carriage.

*Consumption.*—If the disease is taken early, much good may be done by a change of climate, a milk diet, exercise on horseback, or a voyage on the salt water. Rice and milk, barley and milk, boiled with a little sugar, is very proper food. Also, ripe fruits roasted or boiled; shell fish, especially oysters, eaten raw, drinking the juice with them. Chicken broths, and jellies of calves feet, and the like, are very nourishing. If the patient coughs much and bleeds at the lungs, decoctions made from mucilaginous plants and seeds will be serviceable, as quince seed, linseed, marsh mallows slippery elm, and sarsaparilia. A constant drink of tea, made of john's wort, has cured many of this complaint. Lose no time in attending to the disorder in season, carefully guarding against sudden transitions of atmosphere, insufficient clothing, indigestible food, sedentary habits, heating liquors, and loss of sleep.

*Rheumatism.*—Take a handful of blue flag-root, put it into a pint of spirits, and let it stand a few days; take a tea-spoonful, three time a day to begin with, and increase the dose by degrees to a great spoonful three times a day.

The lobelia emetic, and steaming, is the most effectual in this disease.

The following, is said to be an excellent remedy :

Take a table-spoonful of pitch from a white pine log, the same quantity of sulphur, and a spoonful of honey. Add to these, two quarts of the best fourth proof brandy, and shake till it is dissolved. Cork it up tight for use. Take a table-spoonful three times a day, before eating, and bathe the part affected in salt, and some of the same brandy, as hot as you can bear it.

*Apoplexy.*—The first thing to be done, is to check the flow of blood to the head. The patient should be immediately bled, and a poultice of ground mustard should be applied between the shoulders. A dose of some active physic, should be given, and the feet of the patient be soaked in warm water. Give plentifully of warm teas, so as to produce profuse sweating. When the feet are taken from the water, apply strong mustard poultices. Let the diet be very spare. The bleeding should always be dispensed with, when it can be done with safety.

*Costiveness.*—The grand remedy is a proper attention to diet; let it be moistening and laxative. Such as milk, roasted apples and pears, gruels, broths, &c. The bread should be of wheat and rye, or rye and Indian meal, which is better. Rise early, use the shower bath, and exercise freely.

*Diarrhea.*—Take a dose of rhubarb, and drink freely of boneset, or thoroughwort tea. Bathe the bowels often with hot drops, and let the diet be a light vegetable food, easy of digestion.

*Canker.*—A tea made of equal parts of the inside of hemlock bark, sumach bark or the berries. Raspberry leaves and bay-berry bark, is very useful in this complaint. It may be drank at pleasure. Either of these articles taken separately is very good.

*Cancer*—The best application, says an experienced physician, is the use of the carrot poultice. It is to be grated to a pulp, and made into a poultice with



water, and applied to the sore, to be renewed twice a day. It cleanses the sore, eases the pain, and removes the disagreeable smell.

*Warts.*—Wash the warts with the juice of milk-weed, or celandine. Caustic applied will effect a cure more speedily.

Another. Make a little roll of spider's web, lay it on the wart, set it on fire, and let it burn down on the wart. This is said to be a certain cure.

Another. The bark of a willow tree burnt to ashes, and mixed with strong vinegar and applied to the parts will remove all warts, corns, or excrescences on any part of the body.

*Cure for Corns.*—It is said, if you bind a lock of unwrought cotton on a corn for a week or two, in an unaccountable manner the corn will be dislodged.

Another. Soak the feet in warm soap-suds, till the outer surface of the corn is quite soft, and then apply a salve made of equal parts of roasted onions and soft soap—apply it as hot as can be borne. Or apply a sponge wet with a solution of pearl-ash.

Another. Wild turnips scraped and bound upon the corn, after the corn has been cut and made tender, will cure it in a short time.

---

### Vegetable Materia Medica.

*Lobelia Inflata.*—Has long been known as an emetic among the aborigines of our country; but Dr. Samuel Thomson has the honor of testing its properties and bringing it into general use. This herb properly administered, will break up diseases of long standing, which have resisted the power of every other remedy. It is the most energetic and powerful antidote in all cases of poisoning, and is peculiarly adapted to the cure of the cholera, hydrophobia, asthma, fits, and all



spasmodic diseases. In whooping cough, tightness of the chest, difficulty of breathing, and all bilious affections, it is almost a sovereign remedy, and there are but few diseases where it may not be profitably employed. It may be administered to patients in different diseases, from the infant at the breast to the patient of eighty years of age, with decidedly good effect.

**Mode of administering the Lobelia Emetic.** For a common dose give about three tea-spoonfuls of the powdered leaves and pods; one third of this portion is often sufficient; in other cases two thirds, and again the whole three tea-spoonfuls; it depends upon the constitution of the patient and the nature of the disease. There should be added about half a tea-spoonful of common cayenne, and a little more than this quantity of skunk cabbage if at hand; these three articles should be put into a cup two thirds full of pennyroyal tea made strong, all mixed together and drank, dregs and all. Take this portion every twenty or thirty minutes, till vomiting is produced. No drinks need be given till the patient vomits; then let him drink as much pennyroyal or thoroughwort tea as he will; the tea may be sweetened a little. The patient should drink freely of pennyroyal tea during the operation of vomiting, it assists the operation of the emetic, and renders it more efficacious. A little before the patient is done vomiting, commence giving water gruel. This is very important.

*Skunk Cabbage.*—The root is stimulant and expectorant; useful in coughs, asthma, and all pulmonary complaints. It is also given to children to destroy worms.

*Alder.*—This is an astringent, useful in bleeding at the lungs, or as a wash for ulcers.

*Motherwort.*—This will ease the pain in the nervous headache.

*Falm Gilead Pud*.—Steeped in spirits, excellent for bathing wounds.

*Mullen*.—This is physical; good simmered in lard, for the piles.

*Burdock*.—This is a cathartic; it will produce perspiration. The leaves are good in fevers, to bind upon the head and feet.

*Blackberry*.—This is astringent; very valuable in dysentery.

*Plantain*.—Good, combined with lard for the salt, rheum; its juice will cure the bite of snakes.

*Blueflag*.—Useful in fevers, or to expel humors from the system. Dose; half a tea-spoonful three times a day.

*Prickley Ash*.—The bark and berries of the prickley ash, are stimulant and tonic. They are almost a sovereign remedy for cold feet and hands, and all diseases dependent on a sluggish or languid circulation. Dose; from half to a tea-spoonful of the powdered bark, and berries.

*Smart Weed*.—This herb produces powerful sweating; is an excellent remedy to break up a cold when threatened with a fever; it may be drank in tea at liberty.

*May Weed*.—It is a stimulant and tonic, useful in febrile attacks, sudden colds, coughs, &c. This is commonly used in the form of tea, induces perspiration, and sometimes vomiting.

*Camomile*.—It is a stimulant and tonic, useful in colds, febrile attacks, debility, and in all cases the same as may weed.

*Pipsisseway*.—*Winter Green*.—The pipsisseway, is a stimulant, diuretic, astringent and tonic; useful in scrofulas tumors, cancers, and kidney complaints. The tea is also useful as a wash for ill-conditioned sores and cutaneous eruptions.

*Peppermint*, is a pleasant stimulant, promotes perspiration, and may be administered in all cases of colds, pain in the stomach and bowels, flatulency, headache, nausea, &c.

*Spearmint*, is a tonic and stimulant, and is employed to stop vomiting, and allay nausea. It is an excellent carminative, induces perspiration, warms and invigorates the system, and quiets pains in the stomach and bowels.

*Ginseng*.—The root is tonic and nervine. It is useful in all cases of debility, loss of appetite, neuralgic affections and dyspepsia. Dose; half a tea-spoonful of the powdered root, more or less.

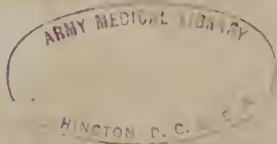
*Beth Root*.—Beth root is astringent, tonic, and antiseptic, may be employed in all cases of hemorrhage, menorrhagia, leucorrhea, asthma, and coughs. Dose; half a tea-spoonful.

*Scullcap*.—Scullcap is a most valuable nervine, and antispasmodic. It may be used successfully, in delirium tremens, fits, locked jaw, St. Vitus' dance, and all nervous diseases. It is also recommended in hydrophobia. Dose; a tea-spoonful of the powdered herb.

*Ladies Slipper*, is a valuable nervine, quiets nervous excitement, eases pain, and induces sleep. It may be used freely in all nervous and hysterical affections, without incurring the least danger, or contracting the living intentions. Dose; a tea-spoonful of the powdered root may be taken three or four times a day, or until relief is obtained.

*Slippery Elm*.—The inner bark is mucilaginous and nutritious, and may be employed in all cases of inflammation, debility, diseases of the urinary passages, diarrhea, dysentery, pleurisy, and sore throat.

*Pennyroyal*, is an agreeable stimulant, and if convenient, should always be used in giving an emetic. It promotes perspiration, and facilitates the operation



of lobelia. It is also a valuable carminative, and may be freely used in all slight attacks of disease.

*Gum Myrrh.*—It is astringent antiseptic and tonic. It is useful in pulmonary complaints, loss of appetite, sore mouth, and offensive breath. It is also useful in dysentery and diarrhea, and to cleanse offensive ulcers, putrid and ill-conditioned sores. Dose, a tea-spoonful of the tincture, or fourth of a tea-spoonful of the powder.

*Cayenne.*—Is a pure, powerful, and healthy stimulant, and produces, when introduced into the stomach a sensation of warmth which diffuses itself gradually through the system, but without any narcotic effect. It is an excellent remedy in all cases of colds, coughs, flatulency, congestion, dyspepsia, &c. It should not be taken in very large doses upon a cold or empty stomach, but in small quantities at first, gradually increasing the dose.

*Balmony.*—It serves as tonic laxative, and may be used in debility, costiveness, dyspepsia, jaundice, coughs and colds. There are but few forms of disease, in which this article may not be used to advantage. Dose; an even tea-spoonful of the powdered herb.

*Poplar.*—The bark is a pleasant tonic, useful in loss of appetite, indigestion, diarrhea, worms, and headache. It possesses diuretic properties, and may be employed in strangury, and all diseases of the urinary passages. Dose; a tea-spoonful of the powdered bark.

*Unicorn.*—The root of this plant is a valuable tonic, beneficial in all female complaints, particularly so in leucorhea, also in pleurisy, general debility, weakness of the digestive organs, and coughs. Dose; from half to a tea-spoonful of the powdered root.

*Bonset.*—Is laxative, tonic, and expectorant. A decoction of the leaves and flowers taken while warm

and in large quantities, will evacuate the stomach in a very gentle and safe manner; administered cold, it acts as a tonic and laxative; it is useful in coughs, colds, and pulmonary complaints.

*Bayberry.*—The bark of bayberry, is powerfully astringent, and slightly stimulating; useful for cleansing the stomach and bowels from canker, scarlatina, dysentery and diarrhea. A decoction of the bark is also useful as a gargle for sore throat, and as a wash for ill-conditioned sores.

*Hemlock Bark.*—It is astringent and tonic. Enemas composed of a strong tea of this article may be used with advantage in all cases prolapsus.

*Marsh Rosemary.*—The root of the marsh rosemary is astringent and tonic, and may be used in all cases where these properties are required. A decoction of this is an excellent wash for canker sores, sore mouth, &c.

*Witch Hazel.*—The bark and leaves are astringent and tonic. May be used in all cases of hemorrhage, debility, and for cleansing irritable sores.

*Evan Root.*—Evan root is a valuable tonic and astringent; useful for diarrhea, dysentery, sore moth, debility, &c.

*White Pond Lilly.*—The root of this plant is a pleasant astringent: useful in bowel complaints, and as a gargle for putrid and ulcerated sore throat. Combined with slippery elm, it forms an excellent poultice for cleansing old sores, ulcers, &c.

*Gold Thread.*—It is astringent and tonic, useful as a gargle for sore throat, and is much used for that purpose. It may also be employed in debility and loss of appetite, and in all cases when golden seal and poplar bark are recommended.

*Sumach.*—The leaves and berries are stimulant, astringent, and tonic; beneficial in dysentery, stran-

gury, sore mouth, also for washing offensive sores and ring-worms.

*Golden Seal*.—It is a laxative and tonic, and an excellent remedy in costiveness, loss of appetite, jaundice, debility, liver complaint, and faintness at the stomach. Taken in doses of an even tea-spoonful it is efficacious in relieving unpleasant sensation occasioned by a hearty meal.

*Barberry*.—The bark is tonic and laxative, useful in jaundice, loss of appetite, weakness of the digestive organs, and in all cases where golden seal is recommended. Dose, a tea-spoonful of the powdered bark.

*Hoarhound*.—The root is stimulant and tonic, useful in coughs, colds, asthmatic affections, and in pulmonary diseases. It may be prepared with honey or molasses.

*Fir Balsam*, is a valuable expectorant and tonic, beneficial in coughs, colds, and all affections of the lungs.

*Yarrow*.—This plant is a valuable stimulant, an excellent remedy in all cases of female weakness, colic, and intermittent fevers. A decoction of the herb is also used as a wash for sores, salt-rheum and piles.

*Golden Rod*, is aromatic, and slightly stimulant, is used for quieting pains in the stomach and bowels, flatulency, and for scenting other medicines.

*Cleavers*, are useful on account of their diuretic properties, useful in inflammation of the kidneys, and urinary obstructions.

*Dandelion*, is tonic and diuretic, an excellent corrector of the bile, and invaluable remedy in hepatic diseases.

*Sassafras*.—Steeped in water, it is an excellent wash for all kinds of humors.



*Catnip*.—Valuable for injections. In fevers it promotes perspiration without raising the heat of the body.

*Sage*.—Useful in fevers and for worms in children. Good substitute for tea.

*Comfrey*.—This is mucilaginous; valuable in coughs and all consumptive complaints.

*Saffron*.—Makes a valuable tea for children afflicted with the measles, chicken-pox, and all eruptive diseases.

*Coltsfoot*.—A tea of this is good for hoarseness.

*Valerian*.—Good in all nervous complaints; a swallow or two taken occasionally will produce the same effect as paregoric, and is every way preferable to it.

*Wild Cherry-Tree Bark*.—A tea made of this is said to have cured consumption, if taken in season.

*Yellow Dock*.—This is physical and bracing; valuable in the piles; it will purify the blood, and expel bad humors from the system.

*Tincture of Lobelia*.—Lobelia four ounces; spirit, a pint, infuse for a week or ten days and it is fit for use. This tincture is an efficient and gentle emetic. It may be taken in small doses in all cases of colds and coughs. It is an excellent remedy in asthma.

*Rheumatic Drops or No. 6*.—Take gum-myrrh one pound, golden seal four ounces, cayenne, (African) one ounce; put these into a jug, shake several times a day for eight or ten days, when it is fit for use.

This is stimulant and tonic, and an excellent remedy for rheumatism, fresh wounds, bruises, sores, sprains; it is also useful in hemorrhage, mortification, &c. Dose, from one to three tea-spoonfuls in warm water.

*Vegetable Powders or Composition*.—Take one pound of fine bayberry bark, eight ounces of ginger,

three ounces of common cayenne, and mix them well together. Dose. A tea-spoonful put into a cup two thirds full of boiling water. Sweeten it and add a little milk.

*Canker Compound.*—Take of sumach, bayberry, white pond lilly root, equal quantities, pulverize, mix, and sift. Dose; A tea-spoonful in warm water. Sweeten when necessary. A little cayenne may be added in most cases with advantage.

*Spiced Bitters.*—Take of poplar bark three pounds, prickly ash, golden seal, cloves, ginger, each three fourths of a pound, balmory, one half pound, cayenne six ounces, sugar five pounds, mix and sift. Dose; a tea-spoonful in boiling water. Good nidebility, loss of appetite, dyspepsia, &c.

---

## HOUSEWIFE'S DEPARTMENT.

---

### Miscellaneous Receipts.

*Method of securing Woolens from Moths.*—Carefully shake and brush woolens early in the spring, so as to be certain that no eggs are in them; then sew them up in cotton or linen wrappers, putting a piece of camphor gum, tied up in a bit of muslin, into each bundle, or into the chests and closets where the articles are to lie. No moth will approach while the smell of the camphor continues. When the gum is evaporated it must be renewed.

*Iron Cement.*—Common wood ashes and salt, made into a paste, with a little water. With this moisture, an aperture through which the fire or smoke penetrates, may be closed in a moment. Its effect is equally certain, whether the stove be hot or cold.

*Another.*—Quick-lime pulverized fine and mixed with linseed oil. A transparent cement may be made by dissolving isinglass in alcohol, and adding a portion of gum ammonia.

*To restore a Faded Carpet.*—Dip the carpet in strong salt and water. Blue factory cotton, or silk handkerchiefs will not fade if dipped in salt water while they are new.

*To clean Silver or Britannia.*—Use simple whiting, finely powdered, and moistened with alcohol.

*To preserve Eggs.*—Eggs will keep good for months, prepared as follows: One pint of coarse salt, and one pint of unslacked lime, to a pail of water. Keep in a cool place.

*Durable Whitewash.*—Throw some salt into the water you mix your lime with; it will prevent it from cracking.

*To prevent the formation of a crust in Tea-Kettles.*—Keep an oyster shell in your tea-kettle, and it will prevent the formation of a crust on the inside of it, by attracting the stony particles to itself.

*Cement for broken Glass or Crockery.*—Take the white of an egg, and very fine quick-lime.

*To boil Potatoes Mealy.*—When the water nearly boils, pour it out and put in cold salted water; it makes them mealy without cracking them.

*To extract durable Ink.*—Rub the ink stain with a little sal. ammonia moistened with water.

*To prevent Horses being teased with Flies.*—Take

two or three small handfulls of walnut leaves, or pennyroyal, on which pour two or three quarts of cold water; let it infuse one night, and pour the whole next morning into a kettle, and boil for quarter of an hour; when cold, it is fit for use. Moisten a sponge with it, and before the horse goes out of the stable, let those parts which are most irritable, be smeared over with the liquor. Every man who is compassionate to his beasts, ought to know this simple remedy, and every livery stable and country inn, ought to have a supply on hand for travellers.

*How to Fatten Fowls.*—Confine your fowls in a large airy enclosure, and feed them on broken Indian corn, Indian meal, or mush, with raw potatoes cut in small pieces, not larger than a filbert, placing within their reach a quantity of charcoal, broken into small pieces. Boiled rice is also good.

*Cholera Morbus.*—Drink plentifully of wormwood tea—it rarely fails of effecting a cure.

*For children troubled with Worms.*—Take the leaves of sage, powdered fine and mixed with a little honey, tea-spoonful for a dose; or flour of sulphur mixed with honey, is good for worms. Sweetened milk, with a little alum added to it, is good to turn worms.

*An excellent wash for sore mouth or canker.*—Take plantain, honeysuckle, sage and rosemary, equal parts, and boil them in sour wine; add thereto a little honey and alum. Wash the mouth with this as often as necessary.

*A cure for bleeding at the Stomach.*—Take one pound of yellow dock root, dry it thoroughly and pound it fine; boil this in a quart of milk, and strain it off. Use one gill three times a day, made of turpentine from the end of a white pine log, and honey, equal parts.

*To cure bleeding at the Nose.*—Rub your nostrils with the juice of nettles, or round nettles bruised.

*Remedy for Consumption.*—Live temperately, avoid spirituous liquors—wear flannel next the skin, and take every morning half a pint of new milk, mixed with a wine-glassful of expressed juice of green hoarhound.

*For Consumption.*—Take chloride of lime, dissolved in hot water; add a little vinegar to it, and inhale the gaseous perfume by dripping a rag or sponge in it, and applying it to the nose.

*To prevent Books, Ink, Paste, and Leather, from Moulding.*—A few drops of oil of lavender on a book, and a single one in a pint of ink, will prevent mould.

*For Polishing Furniture.*—Take two ounces of beeswax, and half an ounce of alkanet root; melt them together in an earthen pot; when melted, take it off the fire, and add two ounces of spirits of wine, and half a pint of spirits of turpentine. Rub it on with a woolen cloth, and polish it with a clean silk cloth.

*To Clean Brass Work.*—Take one ounce of oralic acid, three quarters of a pint of New-England rum, and three quarters of a pint of oil. Put the mixture into a bottle, cork it close, and let it stand two or three days before using it. It should be shaken occasionally. Rub the brass with a clean woolen cloth, dipped into a small quantity of this liquid, then rub it with dry rotten stone with another cloth. The bottle should be labelled as poison.

*Tooth Powder.*—Two ounces of peruvian bark, two ounces of myrrh, one ounce of chalk, one ounce of armenian bole, and one of oris root.

*Lip Salve.*—Of white wax, one ounce; oil of almonds, half an ounce; oil of roses, six drops; orcanette, half an ounce.

*To stop Blood.*—Soot applied to a fresh cut or wound, will stop the wound and abate the pain at the same time.

*For a weak Stomach.*---Make boiled rye your constant diet, eaten as you would eat rice. Take no other kind of food, till you are satisfied you can bear it. Drink a tea of white pine bark and slippery elm.

*Cure for a Cancer.*---Take the bark of red oak, and burn it to ashes. Apply this to the cancer, till it is eaten out.

*Boil your Molasses.*---When molasses is used in cooking, it is a very great improvement to boil and skim it before you use it. It takes out the unpleasant raw taste, and makes it more like sugar.

*To preserve Potatoes till Spring.*---Put a quantity of powdered charcoal in the bottom of the potatoe bin; it will preserve their flavor, and prevent the sprouts from shooting out so early as they otherwise would.

*Cheap Paint for a Barn.*---An excellent and cheap paint for rough wood-work is made of six pounds of melted pitch, one pint of linseed oil, and one pound of brick dust, or yellow ochre.

*Essences.*—An ounce of oil to one pint of alcohol, is about a fair proportion. Let them be well shaken together.

*To make Indellible Ink.*—Six cents worth of lunar castic, one drachm of salt of tartar, one quarter of an ounce of gum arabac.

*To Kill Cockroaches.*—An infallible means of destroying black beetles and cockroaches, is to strew the roots of black hellebore on the floor at night. Next morning the whole family of these insects will be found either dead or dying, for such is their avidity for the poisonous plant, that they never fail to eat it when they can get it. Black hellebore grows in marshy grounds, and may be had at all herb shops.



*Red Ants.*—To keep them away from cupboards, keep one pint of tar, in two quarts of water, in an earthen vessel in your closets, and you will not be troubled with little red ants. When first mixed, pour the water on hot.

The flour of sulphur is said to be good to drive ants away, if sprinkled round the places that they frequent. Sage is also very good.

Black pepper, sprinkled in the places they frequent, is said to drive ants and cockroaches away.

*To destroy Bed Bugs.*—Quick silver and the white of an egg, beat together, and laid with a feather around the crevices of the bed-steads and the sacking, is very effectual in destroying bugs in them.

Tansey is also said to be very effectual in keeping them away. Strew it under the sacking bottom.

Common lard, or equal quantities of lard and oil, put in the crevices, will destroy or keep them away.

*To destroy Rats and Mice.*—Take equal quantities of rye meal and unslacked lime, mix them without adding any water. Put small quantities in places infested by the rats; they will devour it, become thirsty and the water they will drink slackens the lime and destroys them.

*Destroying Rats.*—Corks, cut as thin as sixpences, roasted or stewed in grease, and placed in their tracks; or dried sponge in small pieces, fried or dipped in honey, with a little oil of rhodium, or bird-lime, laid in their haunts, will stick to their fur and cause their departure. If a live rat be caught, and well rubbed or brushed over with tar and train-oil, and afterwards put to escape in the holes of others, they will disappear.

*Bait for Rats.*—Mix a paste of corn meal with raw eggs, which is the best bait for a wire trap; they will all get in, if there is room.

*Rats, to drive them from your premises.*—Buy one pound of chloride of lime, and scatter it dry into every rat hole and place that they may visit, in the cellar and other parts of the house, in and under the wall, and they will soon leave you. Don't put it on or very near any articles of family provisions.

*To make Castor Oil palatable.*—Boil castor oil with an equal quantity of milk, sweeten it with little sugar. Stir it well, and let it cool.

*Swallowing Poison.*—If poison should be swallowed accidentally, take two table-spoonfuls of ground mustard, mixed in warm water. It will operate as an instantaneous emetic.

*To clean Looking Glasses.*—Take a newspaper, fold it small, dip it in a basin of clear cold water. When thoroughly wet, squeeze it out as you do sponge; then rub it pretty hard all over the surface of the glass, taking care that it is not so wet as to run down in streams; in fact, the paper must only be completely moistened, or dampened, all through. Let it rest a few minutes, then go over the glass with a piece of fresh dry newspaper, till it looks clear and bright.

The insides of windows may be cleaned in the same way; also spectacle-glasses, lamp-glasses, &c.

*To prevent Flies from injuring Picture-Frames, Glasses, &c.*—Boil three or four onions in a pint of water; then with a gilding brush do over your glasses and frames, and the flies will not alight on the article so washed. This may be used without apprehension, as it will not do the least injury to the frames.

*To soften old, hard Putty, when Glass is broken.*—Put soap on the putty for a short time. Panes of glass may easily be removed, by the application of soft soap for a few hours, however hard the putty has become.

*Watery Potatoes.*—Put into the pot a piece of lime

as large as a hens egg, and however watery the potatoes may be, when the water is poured off, they will be perfectly dry and mealy.

*Composition for Grafting.*---Take one part tallow, two parts beeswax, and four parts rosin; melt it together, turn it into water, and mix it as shoemakers do wax.

*Cologne Water.*---Of alcohol, one gallon; oil of lavender, twelve drachms; oil of rosemary, four drachms; essence of lemon, twelve drachms: oil of bergamot, twelve drachms; oil of cinnamon twelve drops.

*Sarsaparilla Mead.*---Three pounds of sugar, three ounces of tartaric acid, one ounce of cream tartar, one of flour, one of essence of sarsaparilla, and three quarts of water. Strain and bottle it, then let it stand ten days, before using it.

*Lemon Syrup.*---One pound of loaf or crushed sugar, to every half pint of lemon juice. Let it stand twenty-four hours, or till the sugar is dissolved, stirring it very often with a silver spoon. When dissolved, wring a flannel cloth very dry, in hot water. Strain the syrup, and bottle it. This will keep almost any length of time.

*Furniture Varnish.*---White wax, two ounces, oil of turpentine, one gill; melt the wax, and gradually mix in the turpentine.

*Good Blacking.*---Take ivory black and molasses, each twelve ounces; spermacite oil, four ounces; white wine vinegar, two quarts; mix together.

*Water Proof Blacking.*---Take three ounces spermacite, melt it in an earthen vessel over a slow fire; add six drachms india-rubber, cut it into thin slices, let it dissolve; then add eight ounces tallow, two ounces hogs-lard, and four ounces amber varnish; mix and it will be fit for use.

*To take out Stains.*—Take half a pint of water, dissolve in it half an ounce of salt of sorrel ; add two ounces of spirits of wine. Shake them well together. Rub the liquid on the stains with a sponge.

*To take out Mildew.*—Mildew can be taken out with bar soap and powdered chalk. Wet the cloth, rub on the mixture, and lay it in the sun.

*To Remove stains from Broadcloths.*—Take an ounce of pipe clay, that has been ground fine, and mix it with twelve drops of alcohol, and the same quantity of spirits of turpentine. Whenever you wish to remove any stains from cloth, moisten a little of this mixture with alcohol, and rub it on the spots. Let it remain till dry, then rub it off with a woolen cloth, and the spots will disappear.

*To extract Paint from Cotton, Silk and Woolen Goods.*—Saturate the spot with spirits of turpentine and let it remain several hours, then rub it between the hands. It will crumble away, without injuring either the color or texture of the article.

*To remove black stains from Scarlet Woolen Goods.*—Mix tartaric with water, to give it a pleasant acid taste, then saturate the black spots with it, taking care not to have it touch the clean part of the garment. Rinse the spots immediately, in fair water. Weak pearlash water, is good to remove stains that are produced by acids.

*To extrart Grease foom Silks, Paper and Woolen Goods and Floors.*—To remove grease spots from goods and paper, grate on them, very thick, French chalk ; common chalk will answer, but it is not as good as the French chalk. Cover the spots with brown paper, and set on a moderately warm iron, and let it remain till cold. Care must be taken not to have the iron so hot as to scorch or change the color of the cloth. If the grease does not appear to be out on removing the iron, grate on more chalk, heat the

iron again, and put it on. Repeat the process till the grease is entirely out. Strong pearlash water, mixed with sand, and rubbed on greese spots in floors, is one of the most effective things that can be used to extract the grease.

*To extract stains from White Cotton Goods, and Colored Silks.*—Salts of ammonia, mixed with lime, will take out the stains of wine from silk. Spirits of turpentine, alcohol, and clear ammonia, are all good to remove stains on colored silks. Spots of common or durable ink, can be removed by saturating them with lemon juice, and rubbing on salt, then putting them where the sun will shine on them hot, for several hours. As fast as it dries, put on more lemon juice and salt. When lemon juice cannot be obtained, citric acid is a good substitute. Iron mould may be removed in the same way. Mildew and most other stains can be removed by rubbing on soft soap and salt, and placing it where the sun will shine on it hot.

*Directions for washing Calicoes.*—Calico clothes, before they are put in water, should have the grease spots rubbed out, as they cannot be seen, when the whole of the garment is wet. They should never be washed in very hot soap suds; that which is mildly warm, will cleanse them quite as well, and will not extract the colors so much. Soft soap should never be used for calicoes, excepting for the various shades of yellow, which look the best washed with soft soap, and not rinsed in fair water. Other colors should be rinsed in fair water, and dried in the shade. When calicoes incline to fade, the colors can be set by washing them in lukewarm water, with beef's gall, in the proportion of a tea-cupful to four or five gallons of water. Rinse them in fair water, no soap is necessary, without the clothes are very dirty. If so, wash them in lukewarm suds, after they have been first rubbed out in beefs gall water.

The beefs gall can be kept several months, by squeezing it out of the skin in which it is enclosed, adding salt to it, and bottled and corked tight. A little vinegar in the rinsing water of pink, red and green calicoes, is good to brighten the colors, and keep them from mixing.

*Directions for washing Woolens.*—If you do not wish to have white flannels shrink when washed, make a good suds of hard soap, and wash the flannels in it, without rubbing any soap on them; rub them out in another suds, then wring them out of it, and put them in a clean tub, and turn on sufficient boiling water, to cover them, and let them remain till the water is cold. A little indigo in the boiling water, makes the flannels look nicer. If you wish to have your white flannels shrink so as to have them thick, wash them in soft soap-suds, and rinse them in cold water. Colored woolens that incline to fade, should be washed with beefs gall and warm water, before they are put into soap-suds. Colored pantaloons look very well washed with beef's gall, and fair warm water, and pressed on the wrong side while damp.

*Directions for washing White Cotton Cloth.*—Table cloths, or any white clothes that have coffee or fruit stains on them, before being put into soap-suds, should have boiling water turned on them, and remain in it till the water is cold—the spots should be then rubbed out in it. If they are put into soap-suds with the stains in, they will be set by it, so that no subsequent washing will remove them. Table cloths will be less likely to get stained up, if they are always rinsed in thin starch-water, as it tends to keep coffee and fruit from sinking into the texture of the cloth. White clothes that are very dirty, will come clean easily if put into strong, cool suds, and hang on the fire the night previous to the day in which they are to be washed. If they get to boiling, it will not do them any harm, provided the suds is cool when they are put in; if it is hot at first, it will set the dirt in. The following



method of washing clothes, is a saving of a great deal of labor: Soak the clothes in lukewarm soap-suds; if they are quite dirty, soak them over night. To every three pails of water, put a pint of soft soap, and a table-spoonful of the salts of soda. Heat it till mildly warm, then put in the clothes without any rubbing, and boil them an hour. Drain the suds out of them as much as possible, as it is bad for the hands; then add water till cool enough for the hands. The dirt will be loose, so that they will require a little rubbing. Rinse them thoroughly in clear water, then in indigo water. The soda can be procured cheap, by purchasing it in large quantities—soda is an excellent thing to soften hard water. The soda suds will not do to wash calicoes in. It is a good plan to save your suds, after washing, to water your garden, if you have one, or to harden cellars and yards, when sandy.

*Directions for Carpets.*—Carpets should be taken up and shook thoroughly, if in constant use, as often as three or four times in a year, as the dirt that collects underneath them wears them out very fast. Straw kept under carpets will make them wear much longer, as the dirt will sift through, and keep it from grinding out. Carpets should be taken up as often as once a year, even if not much used, as there is danger of moths getting into them. If there is any appearance of moths in carpets when they are taken up, sprinkle tobacco or black pepper on the floor before the carpets are put down, and let it remain after they are laid down. When the dust is well shaken out of carpets, if there are any grease spots on them, grate on potter's clay very thick, cover them with a brown paper, and set on a warm iron. It will be necessary to repeat this process several times, to get out all the grease. If the carpets are so much soiled as to require cleaning all over, after the dirt has been shaken out, spread them on a clean floor, and rub on them, with a new broom, pared and grated raw potatoes. Let the carpets remain till perfectly dry, before walking on them.

*Directions for cleansing Silk Goods.*—When silk cushions, or silk coverings to furniture, become dingy, rub dry bran on it gently, with a woolen cloth till clean. Remove the grease spots and stains. Silk garments should have the spots extracted, before being washed. Use hard soap for all colors but yellow, for which soft soap is the best. Put the soap into hot water, beat it till it is perfectly dissolved, then add sufficient cold water to make it just lukewarm. Put in the silks, and rub them in it till clean; take them out without ringing, and rinse them in fair lukewarm water. Rinse it in another water, and for bright yellows, crimsons and maroons, add sulphuric acid enough to the water, to give it an acid taste, before rinsing the garment in it. To restore the colors of the different shades of pink, in the second rinsing water a little vinegar or lemon-juice, for scarlet, use a solution of tin; for blues, purples and their shades, use pearlash; and for olive greens, dissolve verdigris in the rinsing water: fawn and browns should be rinsed in pure water. Dip the silks up and down in the rinsing water; take them out of it without ringing, and dry them in the shade. Fold them up while damp; let them remain to have the dampness strike through all parts of them alike, then put them in a mangle; if you have not one, iron them on the wrong side, with an iron just hot enough to smooth them. A little isinglass or gum arabac, dissolved in the rinsing water of gauze shawls and ribbons, is good to stiffen them. The water in which pared potatoes have been boiled, is an excellent thing to wash black silks in; it stiffens, and makes them glossy and black. Beef's gall and lukewarm water, is also a nice thing to restore rusty silk, and soap-suds answers very well. They look better not to be rinsed in clear water, but they should be washed in two different waters.

## Dying.

*To Dye Black.*—Allow a pound of logwood to each pound of goods that are to be dyed. Soak it over night in soft water, then boil it an hour, and strain the water in which it is boiled. For each pound of logwood, dissolve an ounce of blue vitriol in lukewarm water sufficient to wet the goods. Dip the goods in—when saturated with it, turn the whole into the logwood dye. If the goods are cotton, set the vessel on the fire, and let the goods boil ten or fifteen minutes, stirring them constantly to prevent their spotting. Silk and woollen goods should not be boiled in the dye-stuff, but it should be kept at a scalding heat for twenty minutes. Drain the goods without wringing, and hang them in a dry, shady place, where they will have the air. When dry, set the color by, put them into scalding hot water, that has salt in it, in the proportion of a tea-cup full to three gallons of the water. Let the goods remain in till cold; then hang them where they will dry; (they should not be wrung.) Boiling hot suds is the best thing to set the color of black silk—let it remain in it till cold. Soaking black-dyed goods in sour milk, is also good to set the color.

*Green and Blue Dye, for Silks and Woolens.*—For green dye, take a pound of oil of vitriol, and turn it upon half an ounce of Spanish indigo, that has been reduced to a fine powder. Stir them well together, then add a lump of pearlash, of the size of a pea—as soon as the fermentation ceases, bottle it—the dye will be fit for use the next day. Chemic blue is made in the same manner, only using half the quantity of vitriol. For woollen goods, the East indigo will answer as well as the Spanish, and comes much lower. This dye will not answer for cotton goods, as the vit-

riol rots the threads Wash the articles that are to be dyed till perfectly clean, and free from color. If you cannot extract the color by rubbing it in hot suds, boil it out—rinse it in soft water, till entirely free from soap, as the soap will ruin the dye. To dye a pale color, put to each quart of soft warm water that is to be used for the dye, ten drops of the above composition—if you wish a deep color, more will be necessary. Put in the articles without crowding, and let them remain in it till of a good color—the dye stuff should be kept warm—take the articles out without wringing, drain as much of the dye out of them as possible, then hang them to dry in a shady, airy place. They should be dyed when the weather is dry; if not dried quick they will not look 'nice. When perfectly dry, wash them in lukewarm suds, to keep the vitriol from injuring the texture of the cloth. If you wish for a lively bright green, mix a little of the above composition with yellow dye.

*Yellow Dyes.*—To dye a buff color, boil equal parts of arnotto and common potash, in soft clear water. When dissolved, take it from the fire; when cool, put in the goods, which should previously be washed free from spots, and color: set them on a moderate fire, where they will keep hot, till the goods are of the shade you wish. To dye salmon and orange color, tie arnotto in a bag, and soak it in warm soft soap suds till it becomes soft, so that you can squeeze enough of it through the bag to make the suds a deep yellow; put in the articles, which should be clean, and free from color; boil them till of the shade you wish. There should be enough of the dye to cover the goods; stir them while boiling, to keep them from spotting. This dye will make a salmon or orange color, according to the strength of it, and the time the goods remain in. Drain them out of the dye, and dry them quick, in the shade; when dry, wash them in soft soap suds. Goods dyed in this manner should never be rinsed in clear water. Peach leaves, fustic,

and saffron, all make a good straw or lemon color, according to the strength of the dye. They should be steeped in soft fair water, in an earthen or tin vessel, and then strained, and the dye set with alum, and a little gum arabic dissolved in the dye, if you wish to stiffen the article. When the dye-stuff is strained, steep the articles in it.

*Red Dyes.*—Madder makes a good durable red, but not a brilliant color. To make a dye of it, allow for half a pound of it three ounces of alum, and one of cream of tartar, and six gallons of water. This proportion of ingredients will make sufficient dye for six or seven pounds of goods. Heat half of the water scalding hot, in a clean brass kettle, then put in the alum and cream of tartar, and let it dissolve. When the water boils, stir the alum and tartar up in it, put in the goods, and let them boil a couple of hours; then rinse them in fair water, empty the kettle, and put in three gallons of water, and the madder; rub it fine in the water, then put in the goods, and set them where they will keep scalding hot for an hour, without boiling: stir them constantly. When they have been scalding an hour, increase the fire till they boil. Let them boil five minutes; then drain them out of the dye, and rinse them, without wringing, in fair water, and hang them in the shade, where they will dry. To dye a fine crimson, take for each pound of goods two and a half ounces of alum, an ounce and a half of white tartar—put them in a brass kettle, with sufficient fair water to cover your goods; set it where it will boil briskly for several minutes; then put in the goods, which should be washed clean, and rinsed in fair water. When the goods have boiled half an hour, take them out, without wringing, and hang it where it will cool all over alike, without drying; empty out the alum and tartar water, put fresh water in the kettle, and for each pound of goods to be dyed, put in an ounce of cochineal, powdered



fine. Set the kettle on the fire, and let the water boil fifteen or twenty minutes; then put in sufficient cold water to make it lukewarm, put in the goods, and boil them an hour and a quarter; take them out without wringing, and dry them in a shady place. The blossoms of the Balm of Gilead, steeped with fair water in a vessel, then strained, will dye silk a pretty red color. The silk should be washed clean, and free from color, then rinsed in fair water, and boiled in the strained dye, with a small piece of alum. To dye a fine delicate pink, use a carmine saucer; the directions for dying come with the saucers. It is too expensive a dye for bulky goods, but for faded fancy shawls and ribbons, it is quite worth the while to use it, as it gives a beautiful shade of pink.

*Slate-Colored Dye.*—To make a good dark slate-color, boil sugar-loaf paper with vinegar, in an iron utensil; put in alum to set the color. Tea grounds, set with copperas, makes a good slate color. To produce a light slate-color, boil white maple bark in clear water, with a little alum; the bark should be boiled in a brass utensil. The dye for slate-color should be strained before the goods are put into it. They should be boiled in it, and then hung where they will drain and dry.

*To cleanse Feather Beds and Mattresses.*—When feather beds become soiled or heavy, they may be made clean and light by being treated in the following manner: Rub them over with a stiff brush, dipped in hot soap-suds. When clean, lay them on a shed, or any other clean place, where the rain will fall on them. When thoroughly soaked, let them dry in a hot sun for six or seven successive days, shaking them up well, and turning them over each day. They should be covered over with a thick cloth during the night: if exposed to the night air, they will become damp, and mildew. This way of washing the bed



ticking and feathers, makes them very fresh and light, and is much easier than the old-fashioned way of emptying the beds, and washing the feathers separately, while it answers quite as well. Care must be taken to dry the bed perfectly, before sleeping on it. Hair mattresses that have become hard and dirty, can be made nearly as good as new by ripping them, washing the ticking, and picking the hair free from bunches, and keeping it in a dry, airy place, several days. Whenever the ticking gets dry, fill it lightly with the hair, and tack it together.

*To clean Mahogany and Marble Furniture.*—No soap should ever be used for them: they should be washed in fair water, and rubbed with a clean, soft cloth, all dry. A little sweet oil, rubbed on occasionally, gives them a fine polish. The furniture should be rubbed over with a cloth dipped in oil, then rubbed over with a clean cloth till it appears dry and polished. White spots on varnished furniture may be removed by rubbing them with a warm flannel, dipped in spirits of turpentine. Ink spots may be removed by rubbing them with a woollen cloth, dipped in oil of vitriol and water mixed, being careful not to touch any part of the furniture that is not spotted. As soon as the ink is extracted, rinse the spot with pearlash water, and then with fair water. It is said that blotting paper alone will extract the ink, if rolled up tight, and rubbed hard on the spots. If it answers the purpose, it is altogether best to use it, as there is always danger attending the use of oil of vitriol, it being so powerful as to corrode whatever it may get dropped on, without its effects are destroyed by the use of an alkali.

*Coloring the Hair.*—The liquors, sold under the name of hair dyes, are, in fact, no more than solutions of silver in aquafortis, largely diluted with water, with the additions of ingredients, which contribute nothing to their efficacy. The solution should

be fully saturated with the silver, that there may be no more acid in it than is necessary for holding the metal dissolved: and besides dilution with water, a little spirit of wine may be added for the further decomposition of the acid. For diluting the solution, distilled water, or pure rain water, must be used; the common spring waters turning it milky, and precipitating a part of the dissolved silver. It is to be observed, also, that if the liquor touches the skin, it has the same effect on it as on the matter to be stained, changing the part moistened with it to an indelible black. Hair may also be dyed of any color in the same manner as wool.

The following method is more simple and safe: Take equal parts of vinegar, lemon-juice and powdered litharge, boil for half an hour on a slow fire, wet the hair with this decoction, and in a short time it will turn black. Or take of bruised gall-nuts one pound, boil them in olive oil till they become soft; then dry them, and reduce them to a fine powder, which is to be incorporated with equal parts of charcoal of the willow, and common salt prepared and pulverized. Add a small quantity of lemon and orange peel, dried and reduced to powder. Boil the whole in twelve pounds of water, till the sediment at the bottom of the vessel assumes the consistence of black salve.

The hair is to be anointed with these preparations, covering it with a cap till dry, and then combing it. All preparations of this kind should be used once a week, because as fast as the hair grows, it appears in its original colour at the part nearest the skin.







NATIONAL LIBRARY OF MEDICINE



NLM 03275007 1